Wheelchair Foundation brings mobility around the world

Louise Dolby
MUSTANG DAILY

Cal Poly students and alumni are giving the gift of mobility through the Wheelchair Foundation, a nonprofit organization seeking to deliver a wheelchair to everyone who needs one.

In September, 10 Cal Poly graduates traveled to Guatemala to distribute wheelchairs to people in need, like Nari, a 13-year-old Guatemalan boy who has been paralyzed since birth. For the past seven years, Nari crawled up a large hill on his hands and knees in order to get to school.

"Giving someone a wheelchair is not just changing their life for one day," Emily Benensterg, a 2004 social science graduate, said. "They are now being able to go out and have an active life. It just really makes you realize that a little bit goes a long way."

Another 14-year-old Guatemalan girl has a disease that makes her bones very brittle. Without any means of transportation, she was unable to attend school, but after receiving a wheelchair from the Wheelchair Foundation, she began first grade this fall.

see Wheelchair, page 2

Poly to offer a master's of arts degree in history

Mariacc Mendoza
MUSTANG DAILY

Cal Poly's history department will kick off its new master's of arts degree in January, a program that offers concentrations in American, European, Asian, Latin American and African history.

"We've felt pretty strongly that, given our geographic location, it was really important for us to give the people in our area the option to pursue a master's degree in history," said history department chair Carolyn Stefano. "Otherwise, the closest place to go is Santa Barbara, and not everybody wants to make that trip on a regular basis."

Five years in the making, the master's program was created in response to increasing local interest. George Cortin, a Cal Poly history professor and the graduate program coordinator, also added that recent resources made available in the department helped with the advancement of the program.

"Popular demand and internal realities made this a possible direction," Cortin said.

"It's become increasingly difficult for Cal Poly and the history department to recruit faculty. We are a great university, we've got a great department, but the cost of living — and the cost of housing in particular — prohibits many people from taking a job here," Stefano said. "So we need some other things to fill in on the plus column for Cal Poly."

Stefano added that professors generally love the idea of assisting graduate students along their academic career.

"Most faculty, when they're going to graduate school, they're thinking, 'Oh, I want to work in a place where I can train graduate students,' and so without a graduate program, it was just one more thing that made it difficult for us to recruit," Stefano said.

In the midst of their search, no new professors have been added to the history department's faculty just yet, but Cortin is thrilled at the
**Wheelchair**

_Continued from page 1_

"While saving the world is an overwhelming thought, there are plenty of small ways to make a big difference," Berenberg said. "I have realized that there is no way that one person can truly save the world, but we can make the world a better place by impacting the life of one person at a time." Berenberg became involved with the Wheelchair Foundation in 2001 for her senior project. Along with 11 others, Berenberg organized an auction at the Madrona Inn that raised $22,000 and sent 280 wheelchairs to Thailand in 2004. For the 2005 trip to Guatemala, the Wheelchair Foundation needed people to help distribute the wheelchairs, so they opened the opportunity to alumni who then purchased their own tickets to travel the distance to make a difference. "That was really impressive that people actually took time off of work and paid their own way to go," said Lynn Metcalf, Cal Poly Chapter adviser to the Wheelchair Foundation said. "To give the gift of mobility to a person does more than make them mobile. It allows them to have freedom and to be able to begin to make a life for themselves. In this country, we look at people in a wheelchair as someone who has a disability, but down there having a wheelchair makes things a thousand times better." In 2001, Metcalf helped build the first collegiate chapter of the Wheelchair Foundation. Since its establishment, the Cal Poly Chapter has raised over $90,000 and sent more than 1,200 wheelchairs to Peru, Ethiopia, Thailand and Guatemala. This year, the Cal Poly Chapter hopes to raise $44,000 and send 560 wheelchairs to Belize. Fourteen Cal Poly students, including marketing junior Janine Ramond, are participating in the Wheelchair Foundation's trip to Belize for their senior projects this year. According to the Human Development Index, one out of every three people in Belize is living below the poverty line. There are no programs to assist individuals with disabilities, and without mobility the disabled must be dragged, carried, or left behind. The disabled children have no access to education, and the adults cannot work to support their families. "The gift of a wheelchair provides access to opportunity and helps relieve the burden on a family," Metcalf said. "It's impossible to see the need and not be motivated to help." This year's team is planning a fundraising event at The Cliffs Resort in Pismo Beach set for April 1, 2006. The Gift of Mobility Benefit consists of a gala dinner and a live silent auction. Tickets are $75, which purchases one wheelchair that will be sent to Belize. "This project will allow me to see the world and make a tremendous difference in the lives of so many," said Ramond, the auction and co-event manager. "Knowing how people in other countries live on a day-to-day basis... it just touches my heart to know what we are doing for them. We're part of a global community and we're doing something to give back.**

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Important Dates

**Faculty**

- Textbook adoptions due Friday, October 21.
- On-time adoptions = on-time, on-the-shelf and more used copies bought back from Cal Poly Students.

**Students**

- Save 10% on textbooks by reserving. Online sign-up for Textbook Reservation starts November 1.
- Save 10% (for students) & 15% (repeat) on student supplies.
- Sell back by appointment for highest Buyback price.

VIP Buyback for Fall Reservation customers - Online sign-up starts November 1.
Students struggle with body image disorders

Erica Accret
Department of Communication

CHAMPAIGN, Ill. — Some college students are bombarded on a daily basis by the pressure not only to do great, but to look great. When combined, these pressures can lead to eating disorders.

Ninety one percent of women recently surveyed on a college campus had attempted to control their weight through dieting. Twenty-two percent admitted “often” or “always,” and 35 percent of “normal dieters” progress to pathological dieting. Of those, 20 to 25 percent progress to partial- or full-syndrome eating disorders, according to the National Eating Disorders Association.

Eating disorders such as anorexia, bulimia and binge eating disorder include extreme emotions, attitudes and behaviors surrounding weight and food issues. They are serious and life-threatening consequences for females and males, according to the National Eating Disorders Association.

“College is a very stressful time, full of new responsibilities, new friends and a completely new environment,” Justine Karduck, nutrition education coordinator at McKinley Health Center said. “It can be very frightening, lonely and confusing, and there is a lot of pressure to fit in socially.”

Peer pressure, the media and academics are factors that may cause students to be susceptible to low self-esteem and stress. “You see a lot more people here than you do at home,” said Emily Berkowitz, freshman in LAS. “If you see a girl with a great body and all the attention she gets, you want to look like her.”

When pressures build up, some people turn to food as a way to block out other stresses, Karduck said. Others may turn to compulsive eating to deal with the pressures and emotions they are facing, she added. Although these pressures may cause eating disorders, a student’s state of mind is another important factor. “College is potentially a high-risk time for anyone,” said Connie Langellier, clinical counselor at the Counseling Center. “It depends on how solid your core sense of self is before you get here.”

A broader issue that affects students’ views on body image is the media. Langellier said. Media here at the University can give students expectations of being thin and beautiful. Campus advertisements such as the Abercrombie and Fitch billboard on Green Street raise questions about the messages that the media is sending to students, she added. “It’s hard to escape that push,” Langellier said.

Some students may be unaware of the resources available on campus for people struggling with eating disorders. “I haven’t really heard anyone say anything about resources for dealing with eating disorders,” said Lizzy Blaine, an engineering freshman. But the resources are there. Medical assistance, nutrition education and counseling are available at the Counseling Center. “At appointments the patient will be provided with educational material and therapy deemed appropriate by the provider,” Karduck said.

At the Counseling Center, the process starts with an initial mental health assessment and, if deemed necessary, is followed up with an eating assessment. Group or individual therapy may be suggested after assessments.

“Resources can help a student cope with their problem,” Langellier said.

Community referral is also an option. “There is often guilt and shame related to the behavior,” Langellier said. “A strong relationship really helps (when dealing with a peer).”

Without the help of professional, students with low body confidence can prevent themselves from falling prey to the pressures of attaining a perfect body image.

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Saturday, October 20
8:15 • 10:15 p.m. in Chumash Auditorium • FREE

At the opening reception meet the artist, listen to live music from Randy Williams III and enjoy complimentary refreshments.
This exhibit features photorealistic oil paintings of imagery drawn from the internet, television, family photo albums and random/meaningless photography. Randy Scottier explores his relationship between common photography and the art of painting.
At the opening reception meet the artist, listen to live music from Randy Williams III and enjoy complimentary refreshments.
This exhibit features photorealistic oil paintings of imagery drawn from the internet, television, family photo albums and random/meaningless photography. Randy Scottier explores his relationship between common photography and the art of painting.
U.S. prepares for bird flu

Molly Bechtel
THE CALIFORNIA AGILE (UC-DAVIS)

DAVIS, Calif. — In the midst of a war on terror and disaster in the southeast United States, another potential disaster is making headlines and causing many Americans to become alarmed about their health — the avian influenza. The disease, also known as the bird flu, is a naturally occurring virus. It does not usually infect humans, but several cases have been recorded since the first human case of the influenza in Hong Kong in 1997. Further outbreaks in other parts of Asia, Turkey and the Netherlands have caused the United States government to consider taking preventive action.

President George W. Bush met with Congress on Oct. 7 to discuss a plan that would give him the power to use the U.S. Army to help quarantine American citizens in the event of an avian influenza epidemic on American soil. Two other elements of the government’s preventive plan are developing stockpiles of effective drugs and extensive research on the vaccination.

There are some who disagree with the president’s plan. Dr. Cass Ingram, one of the world’s leading experts in natural remedies, said holistic preventive measures could be effective against the flu. He cited oregano as having properties that could aid in the battle against the avian flu pandemic.

“Oregano oil is a highly oxygenated oil that creates a heat reaction in body fluids,” Ingram said in an e-mail interview. “This, along with natural remedies, said holistic preventive measures could be effective against the flu.”

Ingram, who has been researching oregano for 10 years, said the herb has been tested against various harmful viruses and bacteria, and observed that the extract deactivated all viruses within 20 to 30 minutes of contact.

In response to President Bush’s plans in preparation for a possible pandemic in the U.S., Ingram said that he thinks the government has ulterior motives.

“(The president) is not interested in seeing anyone profit, such as small nutritional companies, unless he and the presidency can profit,” Ingram said. “He made overtures about buying the entire available stock of some 90,000 gallons, of oregano oil. His intent proved financial — the fact is he showed interest in creating an oregano oil monopoly.”

According to Ingram, other government agencies are aware of the alleged antiviral competencies of oregano as well.

“The Pentagon and the FDA have tested oregano and found it highly effective,” Ingram said. “The FDA has proven that wild oregano oil (Oregano 97%) kills deadly drug-resistant germs, but there’s no channel for their profit, such as small nutritional companies, unless he and the presidency can profit.”

Ingram said that there is a limited supply of oregano, and he does not want to see the government purchase the entire available stock to create a monopoly.

“This is why the history department plans to offer many of its classes later in the day,” Stefanco said.

“Why do we continue to go back to school?” he asked. “That’s why we made the commitment to offer classes after 4, to make it possible for those people to go to school.”

The history department anticipates most of its students will be part-time.

With the program set to begin in January, the department has already received nearly a dozen applicants and even more inquiries.

The application deadline for winter quarter is Nov. 1 and Jan. 15 for the spring quarter.
Getting Flogged and loving it

Joe Sargent  
SEVENTH GRADE

Guinness, politics and punk were celebrated when Flogging Molly performed Saturday night in the Rec Center.

The mixed crowd of Cal Poly students, punked-out high schoolers and irate parents rocked all night to three bands.

Go Betty Go, a four-piece all female punk band from Los Angeles, opened the show and riled up the crowd from the start.

"This was a great show," Nicolete Vilar, the lead singer of Go Betty Go, said after the concert.

"By the second song there were already three mosh pits."

The band had the feel of The Misfits with quick metal riffs placed in old school punk songs.

Vilar's voice was powerful and the band played fast and tight. For the "Pirate Song," Matt Hensley and Robert Schmidt from Flogging Molly joined Go Betty Go to play accordion and banjo.

Next, The Voodoo Glow Skulls, a ska/punk band, took the stage. Lead singer Frank Cashillas appeared wearing a menacing black and white leather mask, while the brass section blared.

Then at 10 p.m., a huge Flogging Molly hunker unfurled as the band took the stage and opened with "Screaming at the Walling." "Jeez Chris, what do you do? Play basketball in here?" Dave King, the lead singer of Flogging Molly asked the crowd. "Well, not tonight you don't." King was energetic, running around the stage and pummeling up the audience, while band member Bridget Regan made her fiddle scream.

Schmidt traded off between the banjo and mandolin all night. Never has an accordion sounded cooler than in the hands of Hensley. To put it simply, the band played hard the whole night.

King got a little political twice on Saturday, dedicating "Drunken Lullaby" to the IRA cease fire and speaking his mind about President George W. Bush.

"We shouldn't dance for him; we should be dancing on him," King told the audience, before the band broke into "Solid Gold Man."

The middle of the show included an interlude in which Dennis Casey played his guitar with a violin bow, a la Jimmy Page, and King led a soccor chant in which the entire audience sang "Ole, Ole, Ole, Ole."

Late in the show, "Devil Dance Floor" fueled the mosh pit, which had expanded to almost half the floor.

The band came back out for an encore of "Within a Mile of Home" and "What's Left of the Flag."

When the house lights turned on, the majority of the crowd looked worn out and sweaty from the fevered pace of the concert.

"That was an unbelievable show," librarian/teacher Patrick Grady said. "I want to drink with those guys."
All of us don't intend to promote the brand we are mimicking, but rather piggyback on its success. Companies do this all the time: "official Microsoft word processing," "Pandora," and those ubiquitous MasterCard "priceless" imitations.

One year the Cal Poly WOW T-shirt was emblazoned with "The SLO and the Furious." I couldn't help but do the same with a Web site named "HotBeauble" to piggyback on the name recognition of Hottub.

The U.S. is giving so little, why don't you start a charity, collect money and use it to help Pakistan, instead of writing letters commenting about the actions of people who, so far, have done far more than you to help the earthquake victims.

Asaf Kremer
Computer engineering senior

All this over half a breast? I need to throw my two cents in the pot before I go crazy from meltdowns and get ready to relieve some stress by doing a little Salsa dancing. I don't think it is my, the CPasha's, or the rest of the world's problem if someone can't help themselves from thinking lustful thoughts about a half-naked breast, or feeling that no one should reveal half of a nice pretty boob so that there aren't quite as perky as they used to be.

Personal issues, such as these, should be addressed personally. Go see a psychologist or meditate, but don't try and take it out on the rest of the world by destroying other people's property or forcing them to put ridiculously stickers on their posters, and therefore defeating the purpose of the poster. The posters look like crap now, they are eyesores on campus and serve as poor advertising.

It doesn't seem to be much of a problem because with the amount of publicity they have received, students probably won't need to advertise ever again.

The moral of the story is that the body is a beautiful thing. It is god's finest creation and should be appreciated and shared. I mean, why not? We all have one. Who decided that vagina, breasts and penis should all be taboo? I have an ear lobe fetish. I don't think it is in any way to see Burkas because some people don't feel it is decent or appropriate to see a woman's ankles.

Leonard Bessenser
Graphic design senior

Newswash: Truth exists! I am continually exasperated with the American tendency to find all the pre­conceived notions in the Mustang Daily. But when interim provost Howard C. Deswede is quoted in the October 12 article "First Constitution Day" as saying, "I don't have any love of patience with those who say we can only look at the original version..." I think it is a new and surprising hurdle for us to accept the body for what it is. Or we could go the other route and have women wear Burkas in desert because some people don't feel it is decent or appropriate to see a woman's ankles.

Khaled Haal Saleh
"A Case Of The Mondays"

COLUMNIST LINEUP...

Monday - A Case of the Mondays: A critique of paper-torus columns by Khalid Haal Saal

Tuesday - Soap Opera: Jack gives his opinion on Tuesday and asks for your response. He'll explain your reasoning choices.

Wednesday - Poly Point-Blank: (To be produced and written by me) Further analysis of the issue that is flash important to the student body.

Thursday - Sex columns

- Daniel Sexplains it All (Male view)
- Jenine Sexplains it All (Female view)

Friday - A Healthy Habit

- "It's a Healthy Habit" by Jack L. Ingrain III

Plus, a humor column

MUSTANG DAILY CORRECTIONS

The Mustang Daily staff takes pride in publishing a daily newspaper for the Cal Poly campus and the neighboring community. We appreciate your feedback and are thankful for your caring touch.

Send us your corrections mustangdaily@gmail.com

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"I don't know the secret key..."
Women's soccer falls to Cal State Fullerton

SPORTS INFORMATION REPORT

Cal Poly suffered its second Big West loss of the season to Cal State Fullerton 2-0 at Mustang Stadium on Friday night behind goals from Lauren Welch and Kacee Wilson. Cal State Fullerton (11-3-4, 3-1-0) took control of the game early, peppering Cal Poly goalie Liz Hill with a barrage of shots. Hill faced eight shots in the first half, saving five of them. Cal Poly (9-3-3, 1-2-0) only managed four shots in the half, with the first not coming until the 26th minute of play.

Fullerton had complete control of the first half, not allowing a shot on goal until the final minute of the first half, when Sharon Day found a loose ball in front of the net. But goalie Karen Barbara was there to corral the shot.

Two-time Big West Defensive Player of the Year Sierra Simmons did everything she could to keep the Titans from breaking the scoreless tie, defending many of Fullerner's one-on-one offensive threats in the first half and early in the second half.

The Mustang defense eventually succumbed to the Titans' sharp offense and solid defense. Erin Smith and Lauren Welch up for a header two feet in front of Hill in the 56th minute. It was Welch's third goal of the season.

Cal Poly continued trying to crack the Cal State Fullerton defense as Mustang scoring leader Sharon Day and Becky Clark began finding open shots. But Hill had five saves on eight Cal Poly shots. The Titans added another goal in the 73rd minute as Fullerton scoring leader Kacee Wilson rifled a shot from 35 yards into the top corner of the goal. It was Wilson's fifth goal of the season.

Cal Poly was outshot 15-8 and held the advantage in fouls 15-12. Hill had a busy night, making nine saves.

The 2-0 home loss ends a 23 game home winning streak for the Mustangs. The Mustangs' last home loss came against UC Irvine on Oct. 27, 2002, 2-0. The two Big West losses this season mark the first times the Mustangs have lost more than one conference game since 2001 when Cal Poly dropped three matches.

Check out the Mustang Daily Web site at: www.mustangdaily.net
**Spots**

8 Monday, October 17, 2005

**The Sports Bar**

Cal Poly had mixed results this weekend. The volleyball team continued to dominate and the cross country team fared well both at the Cal Poly Invitational and the Pre-National Invitational. Meanwhile, the men’s and women’s soccer teams lost matches Friday night.

**Player of the weekend**

**Andy Coughlin**

The senior cross country runner finished second at the Cal Poly Invitational Saturday with a time of 25:58. Coughlin was the top collegiate finisher at the meet, running second behind former teammate Ben Bruce.

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**Football Standings**

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| NFC West   |   |   |    |
| Seattle    | 2 | 3 | 1.0|
| St. Louis  | 2 | 3 |    |
| Arizona    | 1 | 4 | 2.0|

* Correct as of 10/16 prior to the Sunday night game.

---

**Split squads perform with mixed results at weekend cross country invitational**

Cal Poly’s Nathan Brassmassery stays ahead of Tom Whelon, right, and UC Santa Barbara’s Stewart Harwell at the Cal Poly Invitational on Saturday.

**Jennifer Boudевin / Mustang Daily**

The Cal Poly cross country teams made a good showing this weekend, with the men’s team taking first and the women’s team taking fourth place in the Cal Poly Invitational.

The event, held Saturday morning, brought teams from across the country to compete at the Farbanks Cross Country Course, near Cuesta College.

Sophomores Rachael Valliere led Cal Poly’s women’s team through the 8-kilometer race, placing 10th overall. “With 1,000 yards to go, I made a move and kicked in as hard as I could, trying to pass some people on the switchbacks at the end,” Valliere said. “We started off relaxed and got a good lead pack in the beginning, got in a rhythm and stayed together.”

For the men’s team, senior Andy Coughlin was the high placer, coming in second overall.

The team placed six of the leading 16 scorers in its 8-kilometer race, with Coughlin, Matt Johnsniid, Nathan Brassmassery, Jeff Linee, Matt Blanchard and Keith Hankins leading the way.

“It’s a pretty tough course,” senior Tom Phelps said. “There are a lot of hills, especially early on, so you really have to manage your energy, and then go out a little more relaxed.”

Being the host of an invitational meet also has its advantages. Playing on one’s home field “is a little bit easier than being out on the road,” Phelps said. “You get to sleep in your own bed and you know the see Race, page 7

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**Sweep’s the word for volleyball team**

Cal Poly’s Vanessa Gilliam sets up for a booming spike during a game against Cal State Northridge on Saturday. The Mustangs swept the Gaucho in four games, winning 30-20, 30-22, 30-24 and 30-21.

**Sheila Schick / Mustang Daily**

The Cal Poly volleyball team didn’t lose a match over the weekend en route to wins over the University of the Pacific and Cal State Northridge.

The Mustangs snapped a 31-match winning streak in beating Pacific Friday at Mott Gym.

Cal Poly swept the Tigers to begin the weekend, winning 30-27, 30-24 and 30-28.

Vanessa Gilliam had 16 kills to lead the Mustangs while Kyle Atherstone added 13. Gilliam’s kills came on 32 swings with just three errors. Joclyn Houston and Kayla Mulder had six kills apiece for the Mustangs.

Libero Kristin Jackson led the Mustangs defensively with 17 digs. Chelsea Hayes had 14 digs to go along with her 35 assists.

Pacific’s Ashley Groothuis had a match high 20 kills, the only Tiger to reach double figures.

On Saturday the Mustangs avenged a conference opening loss by defeating Cal State Northridge. The Matadors defeated Cal Poly to begin Big West play earlier this season.

The Mustangs won 30-16, 30-11, 30-22, dominating every aspect of the game.

Cal Poly hit .241 as a team while the Matadors were limited to .065. In the three games the Mustangs tallied 133 blocks.

Gilliam again led the Mustangs in kills with one and also had five blocks. Atherstone had 10 kills and five blocks.

A trio of Mustangs recorded 10-plus digs, led by Jackson’s 14. Mulder and Atherstone had 10 each.

Candace Milton led Cal Poly in the battle of the net with seven blocks.

The Mustangs continue Big West play with a three game road trip that begins at UC Santa Barbara on Saturday. The Mustangs defeated the Gauchos in four games the last time the two met.

**Volleyball Notebook**

The Mustangs travel to UC Santa Barbara Saturday for a pivotal conference match. UC Santa Barbara has won six straight since Cal Poly upset the Gauchos on Sept. 24 at Mott Gym.

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Candace Milton led Cal Poly in the battle of the net with seven blocks.

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**Volleyball Notebook**

The Mustangs travel to UC Santa Barbara Saturday for a pivotal conference match. UC Santa Barbara has won six straight since Cal Poly upset the Gauchos on Sept. 24 at Mott Gym.