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 wheelchairs to people in need around the world. The foundation helps provide wheels of mobility to those who would otherwise be unable to walk or move independently.

The gift of a wheelchair is not just changing their life for one day, Emily Bernsberg, 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.

For more information, visit www.wheelchair.org.

see Wheelchair, page 2

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

Mariaeot 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."

Dickson 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," Dickson said.

The department, which is already recruiting new professors for its undergraduate program, plans to add three new lines and hopes the graduate program will add to Cal Poly's appeal.

"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 columns 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 yet, but Dickson is thrilled at the

see History, page 4

Solar Decathlon takes third in D.C.

Joe Sargent  
MUSTANG DAILY

The Cal Poly Solar Decathlon team took third place Friday under the shadow of the Washington Monument. The Solar Decathlon, hosted annually by the U.S. Department of Energy, took place on the lawn of the National Mall in Washington D.C. There, 18 universities competed to create the most efficient and architecturally attractive solar-powered home. The Cal Poly Solar Decathlon team designed this solar-powered home at the Solar Decathlon in Washington, D.C.

COURTESY GRAPHIC

The Cal Poly Solar Decathlon team designed this solar-powered home at the Solar Decathlon in Washington, D.C.

COURTESY GRAPHIC

The Cal Poly Solar Decathlon team designed this solar-powered home at the Solar Decathlon in Washington, D.C.

COURTESY PHOTO

A Cal Poly faculty adviser Richard Beller and student Austin Quag-Hartman finished final details of the team's solar-powered home while on the National Mall in Washington D.C.

SUNSHINE ANGEL  SEPTEMBER 2005

More classes focusing on other countries, like Andrew Morris’ Modern East Asia class, will be offered at Cal Poly with the new master's degree.

SUNSHINE ANGEL  SEPTEMBER 2005

California, was up and down in the standings for the two weeks of competition. On the final day, Cal Poly settled at third behind Cornell University and first place Colorado, the defending champions.

"It's been an amazing experience," said Sandy Stratton, a faculty adviser to the program. "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 Cockin, a Cal Poly history professor and the graduate program coordinator, 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," Cockin said.

The department, which is already recruiting new professors for its undergraduate program, plans to add three new lines and hopes the graduate program will add to Cal Poly's appeal.

"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 columns for Cal Poly." Stefano added that professors generally love the idea of assisting graduate students along their academic career.

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

see History, page 4

see Wheelchair, page 2

TODAY'S WEATHER

High 74°
Low 53°
Decathlon
continued from page 1
just being here is quite an accomplishment."
The Cal Poly team had to con­
struct a solar-powered, energy effi­
cient and visually elegant house and
then moved it to Washington D.C.,
where it would be judged. The judg­
ing covered everything from how
well a dishwasher and clothes dryer
took, to the architecture of the house.
"We have been performing the
best with the least power," said
"strategist" for the team. "We are the
most efficient team."
Kobert Johnsiiii, an electrical engi­
deeer and visually elegant home aiiel
ran, to the architecture of the house.
well a dishwasher and clothes dryer
land than any other team, so the
transport its house farther across
country, Stannard said. Cal Poly had
a beautiful site."
house was designed to be easily
were also open to the public while in
being ready to be constructed.
Once in Washington D.C.,
team worked 15-hour days getting
the house into working order and
ready to be judged.
"Our kitchen window frames the
Capital building," Johnson said. "It is a
beautiful site."
Besides being judged, the houses
were also open to the public while in
Washington D.C. to show how solar
power could be applied in any
home.
"These future engineers and
architectures are some of the bright­
est in the world," U.S. Secretary of
Energy Samuel Bodman said in a
press release. "The innovative tech­
nologies the students will present
demonstrates that the widespread use
of renewable energy to power our
homes may be closer than we think." One challenge all of the teams
faced during the competition was
the weather. Rainstorms and clouds
came through for several days, hin­
dering the competition's energy
source. However, this only showed
how efficient the homes truly were,
Johnson said.
The solar project started two years
daic and since then over 100 Cal
Poly students from numerous majors
have participated in creating the
teen. Twelve Cal Poly students trav­
elled to Washington D.C. to compete.
Stannard said one of the aspects
that made the team so strong was how
students from many diverse majors
could work so well together.
The team has now begun decon­
structing the house to get it ready
to be brought back to San Luis
Obispo. Once back, Stannard hopes
it will be put on display.

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 2003 for her
senior project. Along with 11 others,
Berenberg organized an auction at the
Madonna 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 oppor­
tunity to alumni who then purchased
their own tickets to travel the dis­
tance 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
advisor to the Wheelchair Foundation.
"To give the gift of mobility to a
group person does more than make
them mobile. It allows them to have free­
dom and 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
Ramirez, 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
evry three people in Belize is
living below the poverty line. There
are no programs to assist the poor,
with disabilities, and without mobility the
disabled must be dragged, carried,
or left behind. The disabled chil­
dren 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 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 us to see
the world and make a tremendous
difference in the lives of so many," said Ramson, the auction and
coi­
manager. "Knowing how peo­
ple in other countries live is a day­
to-day basis...it just touches my heart
to know what we are doing for them" We're part of a global commu­
ity and we're doing something to
give back.

Are you curious about job opportunities?

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HALIBURTON ENERGY SERV. LOCKHEED MARTIN
TEXAS INSTRUMENTS DELOTTIE CONSULTING
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US CORPORATION ROCKWELL AUTOMATION

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RAYTHEON COMPANY GORDON-PRILL, INC.
CNET NETWORKS GREEN HILLS SOFTWARE

One of the biggest challenges was
transporting the house across the
Country, Stannard said. Cal Poly had
to transport its house farther across
land than any other team, so the
house was designed to be easily
moved and fit onto one truck.

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and look under Events

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Are you curious about job opportunities?

Are you curious about job opportunities?
Students struggle with body image disorders

Erica Aceret
Deer Run (St. Tammany)

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 dieted "often" or "always," and 35 percent of "normal dieters" progress to pathological dieting. Of those, 20 to 25 percent progress to partial- or full-symptom 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 emotional and physical problems that can have 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." and 35 percent of "normal dieters"

When pressures build up, some people turn to food as a way to block out other stressors, 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. There are many factors that go into eating disorders."

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 materials 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.

"These 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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756-1112
U.S. prepares for bird flu

Molly Bechtel
The•CALIFORNIA AGIT (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 the avian influenza epidemic.

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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.

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"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 Tamiflu, some 10,000 gallons, of the organo oil. His intent proved financial — the fact is he showed interest in creating an organo oil monopoly."

"The Pentagon and the FDA have tested organo and found it highly effective," Ingram said. "The FDA has proven that wild organo oil (Organol P7) kills deadly drug-transmitting germs, that organization is fully aware of its antiviral capabilities."

According to University of California experts, there are approved antiviral drugs available in the U.S. to treat the avian flu in case of a pandemic.

Christian Sandrock, a physician and specialist in infectious diseases at the UC Davis Medical Center, spoke of a drug called Tamiflu. However, he noted that there is a limited supply.

"We only have enough for about two percent of the population," Sandrock said. "And it really needs to be distributed to human health care, not for it to become a deadly pandemic."

The virus is rare among humans, with only 16 human cases recorded in four countries. Despite the infrequency, most experts agree that stopping the avian flu in animal populations before it mutates into a more easily transmitted human strain is a critical step in preventing a North American pandemic.

The Cal Poly Housing Corporation's Annual Audit has been completed for FY 2004-05. Copies are available to the Public at the Foundation Administration Building #15.

According to Ingram, other government agencies are aware of the alleged antiviral competences of organo oil as well.

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Getting Flogged and loving it

Joe Sargent

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 irrevocably punked-out fans packed 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," Nicollete 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 riff 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 Casillas appeared wearing a menacing black and white leather mask, while the brass section blared.

Then at 10 p.m. a huge Flogging Molly banjo filler unrolled as the band took the stage and opened with "Screaming at the Wall."

"Jesus Christ, 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 pumping 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 "Selfish Man."

The middle of the show included an interlude in which Dennis Casey played his guitar with a violin bow, à la Jimmy Page, and King led a soccer 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," lircature student Patrick Grady said. "I want to drink with those guys."

---

Billboard

TOP 10 THINGS TO DO THIS WEEK

1. ANXIOUS for the next UU Gallery showing? Well, don't get too excited. I mean, that's the title for the next exhibit, "Don't Get Excited." Cal Poly student Randy Soder will showcase paintings, with an opening reception from 6 to 8 p.m. Thursday.

Music provided by One Trick Pony.

LISTEN to Khalid Hosseini, the author of "The Kite Runner," speak at a free lecture at the Cohan Center Thursday. The event is presented by Preface and the Los Osos Library City Reads. Call SLO ARTS or visit www.pacots.org.

SWING, swing to the sounds of the University Jazz Band at its swing dance concert from 8 to 10 p.m. Tickets are $5 for students and $8 for the public. For those with two left feet, no fear; the second annual dance concert will offer a free swing lesson from 7 to 8 p.m.

FEELING a little wistful? Maybe it's because Weezer is coming to the Central Coast on Friday. The four-piece band plays the Santa Barbara Bowl with Hot Hot Heat at 7 p.m. Search for tickets at www.ticketmaster.com.

HOST: Mustang tailgate party - at home. Set your alarm or your TIVO for noon because KSBY will be airing one of the biggest games of the season; the Mustangs versus the Montana Grizzlies football game Saturday live from the Washington-Stegall Stadium at the University of Montana. The pre-game show begins at 11:30 a.m. with kick-off set for 12:05 p.m.

BRING your kids to the "Healthy Kids Hoedown" Saturday at Mitchell Park from 10 a.m. to 2 p.m. The hoedown is part of Make A Difference Day 2005, sponsored by the Cal Poly Community Center and United Way, and will emphasize health and nutrition. The free event features fun activities and snacks. All children must be accompanied by an adult. Call 756-5834.

CHUG down some beer and help the Hospice of San Luis Obispo County at the Firestone Walker Oktoberfest Saturday. The event features Firestone beer, traditional German food and bands. Tickets are $22.50 and includes a half-liter Stein, a free first beer and an event T-shirt (for the first 1,000 people through the door). For tickets, visit www.vallitix.com or a Firestone Walker Brewery.

HANG out in downtown Paso Robles for its Golden Oak Festival Saturday. The Paso Fest will have a car show, arts, crafts and more. For details, call 238-4103.

THROW a pumpkin carving party and send us photos of you and your jack-o'-lantern. Photos will be featured in the Daily's Halloween issue Oct. 31. Drop off photos at the newsroom in building 26, room 226 or e-mail photos to mustangdaily@gmail.com by Oct. 28.

DON'T you want to find out if you can make it behind the rope? The Velvet Rope is still looking for submissions from students, faculty and staff. The Daily is currently searching for students who'd love to write about the gay club scene and their experiences. Send your 700 word or less piece to mustangdaily@gmail.com.

Compiled by Maricar Mendoza

Art & Entertainment

Monday, October 17, 2005
Get creativity? Club ads unoriginal

The new academic year ushered in fresh marketing campaigns for student initiatives aimed at captivating freshmen and the rest of us. There are drives to go green, campus clubs and other well-intentioned organizations. A disturbing trend among many of these drives is the lack of creativity in building a unique image.

We are students and therefore we have difficulty shaking the dominance of corporate marketing messages in our university. We should aspire for a university that provides intellectual and creative inspiration... but boy does it fall short.

Not only does this university promote the corporate agenda with Pepsi logos everywhere and a near shopping mall in the University Union, we students tend to emulate the problem. All of us have been inundated with marketing corporate tag lines. T-shirts and postcards mimicking corporate brands are hard to miss: "That's what Superman's Phone Said," "Polywasser," and those ubiquitous MasterCard "priceless" imitations.

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

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 University of Oklahoma stuff," "official University of Northern Iowa Stuff," etc. But students? Aren't we the future marketing graphic designers and brand managers? It seems we aren't up to the challenge! It's easy to create something new or at least something minimally distinct. Of course, we've seen some creative efforts (hats off to the CPalsa campaign), but more often than not you'll notice the work of a marketing executive and not that of a student.

Some might respond by saying that today's students are mimicking the "Duff Miller" phenomenon that provides intellectual and creative inspiration... but boy does it fall short.

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**Race**

continued from page 8  

10 a.m. **Men:**

Former Cal Poly standout and current student assistant coach Ben Bruce won the men’s race. Bruce, running for ASICS, set a new course record of 25:42 seconds. Sergeant Johnshort, running unattached, won the women’s race with a time of 17:22 minutes.

**Pre-National Invitational**

While the women’s team and the men’s “A” team competed back home, the men’s “A” team was at the Pre-National Invitational in Indiana.

The Mustangs finished 11th, led by redshirt freshman Alex Dunn. Dunn finished 50th in a time of 24:35. Matt Johnshort followed close behind to finish 54th in 24:31.

The Mustangs entered the race ranked No. 10 in the nation. That may change, however. Nine of the 10 teams that finished ahead of the Mustangs were nationally ranked. Stanford won the men’s competition with 89 points. Brigham Young University was next with 174 and Georgetown had 222. Cal Poly was 11th of the 13 competing teams with 361 points.

Dunn and Johnshort scored along with Jamesson Mora (786), Tony Swier (946), and Brian Baker (2503). Luke Llamas and Brandon Collins finished 113th and 150th, respectively.

Josh Kohnhuyk of BYU won the individual title with a time of 21:31.

**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 Kendrick Wilson.

Cal State Fullerton (11-3-0, 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 keeper Karen Barthly 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 Fullerton’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 as Erin Strother and 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 shot. Barthly had five saves on eight Cal Poly shots.

The Titans added another goal in the 73rd minute as Fullerton scoring leader Kendrick 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 Titans. The Mustangs’ last home loss came against UC Irvine on Oct. 27, 2002. 0-2. 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
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 Boudevin

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 Fairbanks Cross Country Course, near Cuesta College.

Sophomore Rachel Valliere led Cal Poly's women's team through the 5-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 held six of the leading 10 scorers in its 8-kilometer race, with Coughlin, Matt Johnstone, Nathan Brassmassery, Jeff Luse, Matt Blanchard and Keith Hunkins 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

Sweep's the word for volleyball team

The Mustangs swept the Gauchos in four games the last time the two met.

On Saturday the Mustangs 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 .244 as a team while the Matadors were limited to .065. In the three games the Mustangs tallied 153 blocks. Gillam again led the Mustangs in kills with one and also had five blocks. Atherton had 10 kills and five blocks.

A trio of Mustangs recorded 10-plus digs, led by Jackson's 14. Mulder and Atherton 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.