The drinking habits of a college town

Mikaela Akuna
MUSTANG DAILY

Go out any Friday or Saturday night in San Luis Obispo and you'll see its presence. Beer bottles strewn across lawns and gutters. Police officers handing out tickets to loud partygoers. People stumbling across Higuera Street from one bar to the next. Alcohol is everywhere in San Luis Obispo, a town that's home to two colleges. It seems many students drink as a social activity. Attending parties with drinking is not only shown, but celebrated in many movies and television shows. Movies like "Animal House" and songs like Asher Roth's "I Love College" reinforce the notion that drinking and partying are key aspects of the college student's experience.

Many Cal Poly students who drink agree that it's just a way of life; partying on Lathrop Avenue is the highest point of partying in San Luis Obispo. According to Captain Dan Blanke of the San Luis Obispo Police Department, the San Luis Obispo Police Department beefs up staffing to accommodate partygoers from the Thursday and Friday of Week of Welcome into the first few weeks of the quarter. This includes more overtime shifts as well as working with University Police to help patrol the northern end of town next to campus.

The number of parties and noise complaints tend to drop off further into each quarter, especially over academic holidays like winter and spring break when students typically go home. The beginning of the winter and spring quarters and holidays like Halloween and St. Patrick's Day can also be busy, but the first month of school has the most alcohol and noise violations of the year.

Blankie added that the police department hasn't yet had to enforce the Social Host Ordinance that was placed on the ballot at the insistence of local senator Fred Stamm, a Cal Poly civil engineering alumnus and professional cyclist, teamed up with Turton in 2008 to restart the company. The pedicabs are generally downtown on weekends or at Farmer's Market every Thursday. NWII is a ride home, there is an eco-friendly form of transportation that provides a convenient way home to passengers; and best of all, it's free.

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The responsibility of determining whether the state ends the fiscal year in a deficit is given to the state director of finance. The measure was placed on the ballot at the insistence of local senator Abel Maldonado (JK-Santa Maria), who voted yes on the February state budget-balancing deal conditional on a measure such as IF being on the special election ballot.

Proposition 1A failed, with 68.8 percent of voters statewide and 61.9 percent in San Luis Obispo.

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Alcohol

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derage drinking at their home. Any host of a party where three or more minors are present, and at least one minor is drinking alcohol, will be charged with committing a misdemeanor and could face jail time and a $300 fine.

According to the National Institute on Alcohol Abuse and Alcoholism, the average American man starts drinking on a regular basis at an average age of 15.5 years old. Binge drinking is defined as the consumption of five or more alcoholic beverages in a single setting. The Cal Poly Health Center received a grant six years ago that has helped fund research aimed at locating local spots where students drink the most binge drinking and partying. Each fall quarter, they send surveys to between 1,000 and 2,000 students to answer questions about their drinking habits.

The survey has shown that most students do the majority of “dangerous drinking” at apartment parties near campus and during Greek-sponsored parties. It also shows that underage students tend to binge drink and report vomiting and hangovers more than those who are over 21.

Dr. Marty Bragg, the Director of Health and Counseling at the Cal Poly Health Center, said the center has been working closely with San Luis Obispo Police Department, the California Highway Patrol, Sierra Vista Regional Medical Center and other public health and safety organizations. Now that they have a better idea of where people are partying excessively, the grant group plans on targeting trouble areas and educating hosts on how to safely host a party.

Beginning in the fall, the group plans on creating informative material to educate party hosts on how to keep them and their guests safe and out of trouble. There will also be a series of “Check Points” located around the city, targeting practices to stop the selling of alcohol to minors, and even party parroting.

“It will be very public,” Bragg said. “We’re not trying anything illegal, or anything like that. We just want to help students be safe.”

When asked what the police department is doing, Blanke said and that there has recently been a large influx of people walking around with open containers or party cups in public. However, officers are encouraged to be nice to students who are walking around from party to party at night. Some can even be seen walking around among the students conversing while others can be seen a block away writing a citation.

“We want to show them that we’re not just a bunch of jerks,” he said. “We’re not going to kid ourselves and think that students don’t party. We want you to have fun but we also can’t just tolerate public disorder toward patients admitted for alcohol intoxication. Although the police said that they would like the information to help prevent sexual assault, they decided that it is better to reassure students that they can go to the hospital when they need medical help, regardless of age.

“We’re not condoning under-aged alcohol abuse,” Blanke said. “But the most important thing is that people are comfortable getting help.”

Not everyone at Cal Poly engages in heavy drinking, or even drinking at all. Senior student, business administration junior Jessie Becker and biology sophomore Natalie Folsom agree that Cal Poly students are fairly open to the idea of not drinking. “There is actually a lot of people, in my opinion, who think it’s cool that I don’t drink,” Folsom said.

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However, Becker thinks that one’s 21st birthday might be worth celebrating appropriately. “I think it would be kind of cool to go to a sports bar and watch a game and maybe have a beer,” she said. “But I’m still not going to go out and get plastered.”
Election
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Obispo County voting no. Proposition 1A would have increased the size of the state's "rainy day" fund, which would have allocated revenue from good fiscal years into the fund, to be used for future economic downturns.

"The California State University and other public services avoided a severe setback for the state's future prospects when voters rejected Proposition 1A," the California Faculty Association said in a statement Wednesday.

Proposition 1B received no votes from 62.3 percent of voters statewide and 63.9 percent of voters in San Luis Obispo county. The proposition rested on passage of 1A, and if both passed would have given $9.3 billion to county facilities as well.

Proposition 1E would have basi­cally been to mental health services and other vital public services. The proposition was downed despite not having an official campaign opposing it. Proposition 1C failed with re­jections from 64.6 percent of voters statewide and 67.4 percent of voters saying no in San Luis Obispo County. If 1C had passed it would have "modernized" the state lottery system and would have allowed the state to borrow $5 billion from future projected lottery profits through the sales of bonds, with that money going into the state's general fund. Opponents believed that projections for the future lottery revenues were over­optimistic and that 1C could have allowed the state to borrow money to be spent on unspecified reasons.

Proposition 1D sought to en­hance funding for children's services originating from 1998's Proposition 10, which created the California Children and Families Program (now known as the First 5 Program) for promoting, supporting and improv­ing health and early development of children during their first 5 years of age. 1D would have provided $600 million to fund children's programs funded by revenues from state excise taxes on cigarettes. Voters statewide voted the proposition down by 66.4 percent and 69.4 percent of voters statewide voted in San Luis Obispo County followed suit.

Proposition 1F would have been the form of the state's "rainy day" fund, which would have provided $600 million to fund children's programs funded by revenues from state excise taxes on cigarettes. Voters statewide voted the proposition down by 66.4 percent and 67.1 percent of voters statewide followed suit. However, it was noted that Proposition 1A would have been to children for the first 5 years of age, Proposition 1D would have provided $600 million to fund children's programs funded by revenues from state excise taxes on cigarettes. Proposition 1E would have been to children during their first 5 years of age, Proposition 1D would have provided $600 million to fund children's programs funded by revenues from state excise taxes on cigarettes.

Rickshaw
continued from page 1

Firestone Grill and the bike shops. Sponsorship has taken off with their Santa Barbara counterparts.

For Stamm, working the rickshaw is a good way to train for competi­tion and stay in shape. He recalled many different stories about people he's met while just riding around town. "One night I was riding down Montecito (Street) and these four big guys who were probably in their 40s wanted a ride from me," Stamm recalled. "I wasn't sure I could carry them all, so one guy decided to race me on foot back to their hotel while I pulled two of his buddies on the rickshaw. The fourth guy just kind of took off." For people who frequent downtown, NWR provides a safe way home. Riders take people all over the city. Local also like the accessibility of this transportation in town.

"I live downtown and I see them riding around all the time," Margaux Mierle, a San Luis Obispo native said. "I think it's great because I know that I can go out on foot earlier in the evening and if it gets too late, I can get a safe ride home without having to pay a lot for a cab." "New World Rickshaw rides most nights of the week and has their number posted on the side of each cart. Everyone is encouraged to call...
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Bored on a Friday night? Can’t find anything to do? Looking for a reason to get out of the house without draining your bank account at the bars or the liquor store? San Luis Obispo is chock-full of things to do at a price much more affordable than a night out drinking. From on campus to around the city, there are tons of ways to find something to make the evening more exciting without getting trashed.

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Alcohol-free entertainment

Rocking out for free

The most well-known, affordable entertainment you can find is right on campus every Thursday during UU Hour. Concerts in the Plaza is put on by Associated Students Inc. and features touring bands each week as well as local favorites. This quarter bands like Elevaters and local Still Time played in the University Union Plaza. ASI is always accepting recommendations from students for bands they’d like to bring to campus.

It’s not Thursday, head over to Backstage Pizza on campus around noon. There are a lot of different acts that come at various times, so you have a good chance of finding a performance.

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Some SLO classics

If you don’t mind paying a little for some live acts, various San Luis Obispo venues host concerts and other performances. Just for starters, check out what Downtown Brew, Linnaea’s Life, Boo Boo Records, The Graduate and The Clubhouse have to offer.

Dance the night away

Swing, samba or salsa your way into the evening — depending on what gets you grooving. Cal Poly abounds with dance opportunities, with lessons offered by various clubs throughout the week.


Salsa lessons, taught by members, are held every Friday night at Campus. Go to www.cpsalsa.com for more information.

Not to be outdone, the Country Line Dance Club steps into the scene on Thursdays, offering lessons at The Graduate at Campus, before the club opens up for line dancing night. Visit the club’s Web site at www.cpcbld.com.

When you feel artsy

The Steynberg Gallery is another wonderful place to check out different sounds as well as some extraordinary artwork. A family-run gallery, it’s an ever-changing, ever-stirring place according to English senior Will Vigliotti, who has worked at the gallery for three years. “The Steynberg Gallery is run by a family and you can definitely feel that here. The owner, Peter, is like everybody’s dad — but a much cooler version,” Vigliotti said.

“There’s always something new or strange going on, even if it’s some weirdo from off the street who’s just doing stuff inside or something we have lined up.”

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options abound in SLO

readings to new exhibits to various off-beat musical shows. "The gallery is rooted in the community and it's that cyclical community relationship that keeps the place going and forever moving," Vigliotti said.

Many of the performances held at the gallery are put on by the concert promotional group "Pocket Productions," run by Cal Poly alumni Graham Calabresi and Michele Bondreau. This group brings new and interesting bands, many of which are indie-famous, to the gallery all the time, with tickets that average $8.

Just smile and nod

"If it's a good laugh you're looking for, Cal Poly's resident improv team, Smile and Nod, performs every Saturday night at 7 p.m. with a short-form show and then again at 9 p.m. with their long-form style. Smile and Nod shows are a great way to start off your weekend right with a night of pure comedy. Both shows are only $5, and it is money well spent. Not only are they hilarious, but the team attends an improvisation comedy festival every other year, and your donations help the team pave their way to the extravaganza in San Diego. Be sure to make reservations online, because tickets sell out fast.

Take yourself out to the ball game

Sports fan? Anyone can catch a Mustangs game or even attend a game for local summer college team The Blues, for about $8. "I love watching baseball," statistics senior Audrey Bigelow said. "The team is great. For someone who isn't quite as experienced as well as more difficult trails for some resident daredevils. The beaches in this area are an obvious attraction and water sports of all kinds can be done on most beaches around the area. Those without their own gear can rent surfboards, skimboards and even wet suits in Pismo Beach and they are generally pretty low cost.

There is always something going on in San Luis Obispo. The trick is knowing where to look. Stop sometime and look at the bulletin board around campus; it's a great place to start.

Don't lose your groove

Poetry aficionados don't have to lose their groove — at least not on the first Wednesday of each month. Another Type of Groove is slam poetry, or spoken word poetry and features both students and famous slammers from around the country.

"Anyone that has the guts to speak their poetry is allowed at ATG," animal science junior Sade Haro said. "The best part is that even if you expect it from the featured poet, most people actually blow you out of the water."

Another Type of Groove is held in Chumash Auditorium from 7:30 p.m. to 9 p.m. on the first Wednesday of each month. Visit the Cal Poly Athletics Web site at athletics.calpoly.com to see what's coming up.

When the great outdoors beckon

If you prefer to be outdoors, there are more than enough recreational things to do around the city. Bishop Peak and Madonna Mountain are two of the most popular local hiking spots. Both are equipped with easier trails for someone who isn't quite as experienced as well as more difficult trails for some resident daredevils.

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WORD ON THE STREET

"Are you for or against a possible tax on beer to help provide health insurance for all?"

"I'm against it because then I'd become dehydrated."
- Nicole Cattaneo, history freshman

"It seems so unrelated that I probably would not be for it."
- Hannah Payken, biology senior

"I don't really drink so I wouldn't have a problem with it."
- Andrew de Jesus, psychology senior
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Bartering resurgence: A hopeful economic indicator

Fortunately, a system of trade exists which does not require the use of artificial currencies. Bartering is the true, original form of trade.

A free market form was one of the founding principles of the United States. A cornerstone of conservatism is that the government should rarely interfere in markets, acknowledging that the public is capable of making decisions that benefit society through the wonders of trade. Yet over time, governments around the world have entrenched themselves deeper into the affairs of business and trade, causing many to question whether they can fix the very economic problems they helped create. Proposed calls for more state control over the economy is moving completely contrary to laissez-faire principal that is so important to classical conserva­ tion. Governments exercise this control principally through business regulations and a centralized monetary system.

In response, many businesses throughout the world, from the traditional barter communities, have returned to the traditional way of doing business that existed long before the creation of governments bartering.

As the global recession continues to deepen, world credit markets have largely frozen up, unwilling to make loans despite large injections of cash into the money supply by the world's central banks. On top of this, many businesses are raising doubts about the value of currencies with exchange rate fluctuation and inflation, as well as the benefits of the barter system. Central banks may mean a barter of dollars may soon not be as equitable as planned.

Fortunately, bartering is a system of trade which does not require the use of artificial currencies, exists. Bartering is the true, original form of trade. Commodities are exchanged for other commodities, depending upon the scale of the transaction. Old-fashioned barter sites like Craigslist, connect over 600 million businesses in Malaysia and Singapore and to half a million businesses participating in over a dozen barter exchanges around the world. Barter exchanges’ membership has grown by 30 percent since 2007 as businesses find barter as an easy way to expand their operations without having to borrow money.

Some barter exchanges create their own type of barter currency, translating the values of the goods or services offered into credits. Members gain these credits when another member takes them off on an offer, and lose them when find an offer useful to them.

This method does not require the products be of equal value, as these credits can be exchanged interchangeably at any time. The barter exchange takes a small cash cut as a transaction fee, depending upon the scale of the transaction. Old-fashioned barter sites like Craigslist, also offer useful to them. Members gain these credits when another member takes them off an offer, and lose them when find an offer useful to them.

This barter system is one of the first widespread bartering systems. Farmers exchanging crops or livestock with each other, was one of the first widespread bartering systems. Farmers exchanging crops or livestock with each other, and now many promise that they can fix the world’s economic problems.

Fortunately, bartering, a system of trade exists which does not require the use of artificial currencies. Bartering is the true, original form of trade.

Although the IRS tries to regulate bartering for the income tax, the fact that a so easy conceals makes it difficult to find just how much bartering takes place. And exactly how a simple exchange of goods or services can be considered “income” to both parties and therefore subject to direct taxation is truly ridiculous. Such a policy discourages efficient allocation of products in the marketplace by distorting monetary currency values (which are taxed) to products, instead of recognizing that products have actual value to the hands.

The current bartering boom is largely due to the Internet, which facilitates bartering by connecting people and businesses offering goods and services. Various bartering Web sites serve as moderators for bartering exchanges. The International Reciprocal Trade Association is a nonprofit based in Northern Virginia, that regulates and provides standards for these modern barter-service companies. The association estimates that more than $16 billion worth of business is exchanged annually through barter exchanges. In North America alone, with significant growth potential. New online barter exchanges are sprouting up worldwide, using innovative systems to make operating a barter system profitable and beneficial to members. Asia’s biggest barter trade site, Barterchange.com, connects over 600 businesses in Malaysia and Singapore and to a half a million businesses participating in over 100 barter exchanges around the world. Barterchange’s membership has grown by 30 percent since 2007 as businesses find barter as an easy way to expand their operations without having to borrow money.

Some barter exchanges create their own type of barter currency, translating the values of the goods or services offered into credits. Members gain these credits when another member takes them off an offer, and lose them when find an offer useful to them.

This method does not require the products be of equal value, as these credits can be exchanged interchangeably at any time. The barter exchange takes a small cash cut as a transaction fee, depending upon the scale of the transaction. Old-fashioned barter sites like Craigslist, offer useful to them. Members gain these credits when another member takes them off an offer, and lose them when find an offer useful to them.

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Fortunately, bartering, a system of trade exists which does not require the use of artificial currencies. Bartering is the true, original form of trade.
Credit card bill
a chance to reevaluate the American Dream

For too long, our country has placed an emphasis on the "American Dream," which we have defined as living a prosperous life — whether achieved by hard work or by credit. We've placed an emphasis on material possessions and on outward appearances of wealth instead of lives achieved by hard work or by credit. We've afforded and had to foreclose. This fault on behalf of Americans revealed itself most cruelly in the sub-prime mortgage collapse, as Americans bought homes they simply could not afford and had to foreclose. However, the Senate has recognized an additional issue related to American finances that they addressed in the recent credit bill.

MSNBC reported that Sen. Richard Shelby (R-AL) said of the credit card bill, "Card issuers raise rates for unclear reasons, use billing methods that consumers do not understand, and assign fees and charges without warning." In a statement upon passing the bill, Shelby said, "Americans have every right to expect that the credit card industry will not abuse their trust. Credit card companies solicit customers in ways that we haven't been forced to in the past. Most importantly, this bill is a positive step toward being satisfied with what we as Americans have and reevaluating the definition of the American Dream." The Senate credit bill had overwhelming bipartisan support, and passed 90-5 on Tuesday.

The reason this bill passed with such support could be a direct result of the involvement of the American public in the political process. MSNBC also reported that although there were dissenting voices in the Senate, "their voices were drowned out by lawmakers who said that if they had pressed for amendments, it would have doomed the bill." The Senate credit bill would have overreached bipartisan support, and passed 90-5 on Tuesday.

The bill changes the way that credit card companies and collections agencies will operate. Under the new bill, the company may raise a credit card holder's rate only after the holder is 60 days late. However, according to The New York Times, upon making a minimum payment on time for six months, the credit card company must return the rate to its previous level.

The bill also restricts who may be approved for a credit card. Those under 21 must prove that they can make the minimum payment or cite a parent or guardian as guarantor before being approved for a credit card. Some critics of this bill might claim that it only perpetuates Americans' careless spending habits. I argue that it highlights the consequences of not paying one's debts on time and encourages prompt payments.

Under the Senate version of this bill, the rate hike can be implemented on customers who are more than two months late, and after 45 days' notice of a rate increase. Card holders are more likely to attempt to pay bills before the 60 day deadline approaches in order to save themselves from the rate increase. The bill also makes it easier for customers to make payments. According to an Associated Press report, "Lenders would have to post their credit card agreements on the Internet and let customers pay their bills online or by phone without an added fee." The AP also reports that some banks criticize the bill because it is already a risky business to lend money "with no collateral and little more than a promise to pay it back."

Edward Yingling, president and CEO of the American Bankers Association, told the AP, "It is a fundamental rule of lending that an increase in risk means that less credit will be available and that the credit that is available will often have a higher interest rate."

I do not think that this is necessarily a negative consequence to the average customer, because the credit bill protects against illegitimate and unfounded hikes in interest. On a sociological level, decreasing the availability of credit cards might not be a positive element to curb American's reliance on credit spending.

If Yingling is correct and the bill causes credit card companies to be more careful about offering credit as freely as they currently do, we Americans might be forced to reevaluate our needs and wants, and to prioritize our spending in ways that we haven't been forced to in the past. Most importantly, this bill is a positive step toward being satisfied with what we as Americans have and reevaluating the definition of the American Dream.

Stephanie England is an English junior and a Mustang Daily political columnist.
WWE moving Monday show from Denver to Los Angeles

Brian Mahoney
ASSOCIATED PRESS

Vince McMahon claims he's being thrown out. His opponent insists McMahon is the double-crosser.

It'd make a good story line for a wrestling feud — but it won't take place in Denver.

World Wrestling Entertainment is moving its Monday night show to Los Angeles because of a conflict with the Pepsi Center in Denver, which had booked two events for the same night.

The Nuggets are scheduled to host the Lakers on Monday in Game 4 of the Western Conference finals, but WWE had previously secured the arena for an episode of Monday Night Raw.

The WWE chairman criticized Kroenke Sports, which owns the Nuggets and Pepsi Center, for not being more helpful when the conflict arose over the weekend.

"They bumped us right out of the building, hardly an apology," McMahon said Wednesday. "They didn't do anything for us at all, and the media was talking about someone has to write a check. They didn't want to write anything and they wanted to give us a Sunday night. And the name of the show is Monday Night Raw."

"That was Tuesday. We found out by a press announcement today by Vince, who I believe is the master of propaganda, that he's moving the event to the Staples Center. He didn't even contact us to tell us he hadn't accepted the deal we negotiated the night before, so we're quite shocked, frankly."

WWE executive vice president Shane McMahon, at a press conference at Staples Center, said the Kroenke offer came too late.

"They tried to be amicable but we're really at such a loss of words because we were expecting a capacity crowd. (We) Had sold 11,000 as the Nuggets are scheduled to host the Lakers on Monday in Game 4 of the Western Conference finals, but WWE had previously secured the arena for an episode of Monday Night Raw.

"We negotiated in good faith with Vince and believed we had a deal in principal as of Tuesday," Kroenke Sports executive vice president Paul Andrews said. "In fact, it was so clear to us that we did ask Vince to do a joint press release. He said, 'Paul, I have no problem with a joint press release.' Then, he asked us if he could get five tickets to the Denver Nuggets' game on Monday night so he could apologize to Mr. Kroenke in person.

"I didn't want this publicity," he said. "They would not even talk about making a deal other than paying our expenses basically unless we signed some sort of joint press release," McMahon said. "You would not believe what these people were attempting to make us do. I guess maybe running over us and throwing us out unceremoniously on our ear was not good enough. They want to trample us."

WWE said it secured the Pepsi Center last Aug. 15 and had already sold more than 10,000 tickets for the event. The organization said arena official confirmed the wrestlers were still coming and sent a signed contract on April 15, the last night of the regular season.

Then the double booking was set Sunday, when the Lakers beat Houston in Game 7 to reach the conference finals. Had the Lakers lost, Denver would have had home-court advantage against the Rockets, making the Pepsi Center available for wrestling on Monday.

The conflict has provided some great press for WWE, but McMahon said his preference was to do his show as planned.

"I didn't want this publicity," he said. "They threw me out and so what are we going to do? We have to garner some degree of publicity."

Kroenke Sports said WWE helped the publicity to a considerable degree.

"They haven't returned any of our calls for over a 24-hour period since we had what we believed to be an agreement on Sunday night," Andrews said. "We've reached out to them all day for feedback and we get, 'They're going to L.A.'"

"The sensationalism and media attention was more important than the fans of Denver."
Baseball
continued from page 16

practice field to win — plain and simple.

But there’s another reason for why Cal Poly must take advantage of the position they’ve managed to put themselves in. A long run in the 2009 college baseball postseason would put the Mustangs on the map for the first time, especially in terms of recruiting. It just so happens that the Mustangs have never found themselves in the running for a championship in Omaha.

Sometimes, it only takes one big season to change that forever.

So if Cal Poly can manage to throw something together in June, the snowball effect could start. It’s possible that all we need is that one big season. And this looks like good of a season as any to get things rolling.

Tyler Joch is a political science sophomore and a Mustang Daily sports columnist.

If Cal Poly can pull itself together and get their name in the sports headlines this summer, good recruits are going to start taking Cal Poly into serious consideration when it comes time to sign. That’s all it takes. The Mustangs have never really had the success that gives them an attractive baseball image, so there’s no strategic reason for good recruits to bother signing here. But that one good run in the postseason may just spark enough interest in recruits, which leads to more success season after season. Once the recruits start coming, the success will continue to come. All you need is that little spark and the fire keeps burning.

A perfect example of this is Big West Conference member Cal State Fullerton. I’m sure very few of you know that much about the school, unless you’re from around that area. They’re so small they don’t even have a football team to brag about on Saturdays. But every year they find themselves in the running for a championship in Omaha. So how does such a small and quiet school find success year after year? They get the recruits.

They aren’t a bigger school than Cal Poly. They don’t have more resources. But they get the recruits every year and this just leads to more runs at a championship.

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Athletes and alcohol: A no-no?

Mikaela Akuna

COLLEGE athlete's are assumed to be the best of the best. In some ways they act as role models and are expected to be an example — including the alcohol aspect of the college experience.

The NCAA has its own set of regulations on alcohol consumption as far as the athletes are concerned, but what do the coaches and the athletes think?

Track and Field might be one of the most time intensive and physically demanding sports when it comes to maintaining a certain weight and fitness. Natalie Roy, a theater sophomore and track team member, said that the team is very clear on what the NCAA and Cal Poly Athletics rules are and are even given packets that have everything outlined for student-athletes.

On the NCAA's Web site, there is a resource manual that not only outlines the rules but also has information about how alcohol affects the body, mind, and overall performance.

"The coaches obviously expect us to take care of our bodies, but it's really an honor system," Roy said. "Everyone on the team takes that position seriously and are really responsible."

Also a member of the track team, sophomore wide receiver for the Cal Poly football team, Jarred Houston explained some of the rules and consequences of unsafe alcohol use for the football team.

During away games, the football team has a team curfew with lights out in the hotel by 9 p.m. The coaches ask that the team not go out when they're traveling. Team members are suspended from sports if they get into legal trouble related to alcohol. A DUID would result in suspension for the season and the player is required to finish all the proper classes. The coach is required to finish all the proper classes. The coach is required to finish all the proper classes.

The coaches obviously expect us to take care of our bodies, but it's really an honor system. —Natalie Roy

Cal Poly's Jarred Houston, center, said that coaches don't condone drinking but leave the players to police their own behavior.

Dufresne, Thomas earn track and field honors

The Big West Conference announced Cal Poly senior Johanne Dufresne and freshman Derek Thomas as Athletes of the Year on Wednesday.

Dufresne was recognized as the Women's Field Athlete of the Year while Thomas was named Men's Freshman of the Year.

Dufresne was the lone double-winner at the conference finals last weekend after victories in the shot put and discus with a personal best effort of 52 feet, 8 3/4 inches and the discus with a new seasonal best of 161-3.

She recorded 12 victories between the shot put and discus at various meets during the season and is ranked No. 18 in the shot put and No. 65 in the discus in the latest national rankings. She will enter as the No. 2 seed in the shot put at the NCAA Western Regional in Eugene, Ore. on May 29 and will also be the No. 17 seed in the discus.

Dufresne joins Tanaruhua Jackson (1999) and Beijing Olympic gold medalist Stephanie Brown (2008) as the only Mustangs to win the award.

Thomas became the second Mustang in program history to win Freshman of the Year, following current teammate Joe Cain in 2006. He won a Big West Conference title in the 1,500 running 3:46.19.

Thomas posted a personal-best 3:43.02 at the Mt. SAC Relays on April 17, the No. 35 time in the nation. Over the course of his rookie campaign, he has victories in the 1,500 at the Mustang All-Comers and the Big West Championships and won the 800 at both the Cal Poly-Pomona State Dual and the Cal Poly Invitational.

Thomas will join Dufresne and 13 other Mustangs at the NCAA West Regional on May 29.