Uncovered: Many Poly students don't plan ahead for health coverage

Megan Hassler
MUSTANG DAILY

Mortar boards have been thrown, tassen moved over and diplomas mailed. As graduates enter the "real world," they'll most likely look for jobs, places to live and health insurance. Going to the Health Center as soon as the first signs of a cold hit will no longer be an option. A brief survey of 20 students indicated that all of them had health insurance and more paid for it themselves. Half of these students had not given any thought to health insurance and admitted to having no idea how much it cost.

Part of the reason there is such ignorance when it comes to health insurance could stem from the fact that for most students the Health Center is adequate.

"I know that I am on my parents' health insurance but I really don't know that much about it," mechanical engineering freshman Kyle Sagiunu said.

Each student pays $87.58 per quarter in health fees, which covers basic coverage at the on-campus health center. "Basic coverage" at the student health center is similar to services provided by a primary care physician.

Many students don't have all the information regarding health insurance. While the University of California system requires health insurance for all students, the California State University system does not (with the exception of international students). The health fee paid as part of tuition and fees covers student's access to the Health Center. However, this only covers basic care.

"Let's say you hurt yourself on the weekend... need an MRI... need to see a specialist... or need a service the Health Center doesn't offer then this service (student health insurance) would help you out," PULSE office manager Cindy Martinez said.

Last year biology sophomore James Moody had a staph infection. Because it was the weekend Moody had no choice but to go to the Sierra Vista Emergency Room and paid $150 per visit even though he had health insurance. Some students may have health insurance but not all of them know the specifics of their policy.

One local health insurance broker, Susan Polk, says that in order to be covered by a parent's policy they must be enrolled in a minimum number of units (12). Upon graduating or turning a certain age (23 or 28, depending on provider) young adults must obtain their own policy.

"More likely the parents will call asking about insurance for graduate (or student) rather than the graduate (or student) themselves," Polk said.

At school where student was killed, students talk about why they fight

Azam Ahmed, Kristen Mack and Annie Sweeney
CHICAGO TRIBUNE

CHICAGO — His left eye still swollen shut, Vashion Bullock doesn't deny fighting in the massive brawl that claimed a Fenger High School student's life two weeks ago.

He's watched the grainy fight video and seen himself standing shirtless in the middle of the free-for-all. But to him, the footage is a 2-minute-and-26-second clip of his world without context, broadcast endlessly on television and the Web.

Together, their actions are horrific. Individually, they're students who made the honor roll, worked after-school jobs, played sports and planned for college. And they wake up in worlds fraught by poverty and violence.

Bullock and other students bused in from Altgeld Gardens have fought for years with kids who live closer to the high school and see them as outsiders, according to interviews by the Chicago Tribune with dozens of students and parents. The Fenger senior said he often races to the bus stop to avoid confrontation. But that Thursday he had been suspended so long and I'm tired of running."

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Bullock said. "Running only leads to violence."

"How many times you want me to walk away?" asked Bullock, whose brother is charged with murder for striking 16-year-old Derrion Albert with a wooden plank. Three others were charged in the melee that involved at least 50 teens. "We've been running for so long and I'm tired of running."

Bullock said. "Running only leads to violence."

Vashion Bullock Jr., 17, at his home, shows signs of the fight that left Derrion Albert, 16, dead two weeks ago. Vashion was hit with a brick and passed out at one point in the fight.
Fighting

continued from page 1

The fight sparked national outrage. Chicago Public Schools and Chicago police once again are being called upon to provide safer passage for students heading to and from school. But the dramatic clash highlights concerns about a much more fundamental safety issue — the treacherous journey for many Chicago teens from adolescence to adulthood.

Violence in Chicago has already claimed five teens in the last three months, three of them public school students. And if previous years are any indication, dozens more will die in the coming school year. Neither schools nor police, both of whom knew of the rising tension at Fenger, have been able to stem the tide.

That ever-present violence has taken its toll on how teens view themselves and their futures. Some simply don’t believe they have a chance.

“I don’t think a new day is promised to nobody,” said Bullock, 17, clutching a bag of ice to his injured eye. “Anything could happen at any time.”

Sometimes the violence is race-related such as a brawl last year at Stagg High School on the North Side. Sometimes it’s gang-related such as rivalries at Crane Technical High School on the West Side. And sometimes, like Fenger on the Far South Side, it’s about neighborhood turf — the area by the school nestled several miles to the south.

The extended walk has become the best of the bad options for the kids, who say they’re vulnerable as they step closer to Fenger and in the heart of the Ville. As the brothers •••

The 17-year-old stood started to swell behind him.

Truitt, 17, who ranked near the top of his junior class, called his mother, a daily ritual he has on his walks from school. He and his younger brother, 11, finally reached the rusty train tracks past Stewart Street, a half-mile from Fenger and the eastern edge of the Ville. It marks the unofficial safe zone for Gardens kids heading home.

“All I was thinking was, ‘OK, we’re getting close to the tracks, so they’re going to turn around,’” Truitt said.

But the kids didn’t stop following that day. Some began to strip off their shirts to prepare for a fight. Ville teens say several cars of Gardens kids were there waiting.

Truitt’s mother, Tawna, brandished her phone in his voice on the phone. She told him to try to get to her from where I live? If I have to run away isn’t an option.

Their conflict escalated between the two neighborhoods after Chicago Public Schools transformed

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not the other way around.

But when asked why they don’t like the Garden kids, he struggled to explain it.

“As far as I know, they don’t like us,” said Young, who dreams of playing professional football even though he’s not on the school team, “and the way I feel, we don’t like them.”

Terror from the Ville feel like their neighborhood, already starved of resources, has been in¬ vaded. So do their parents.

“Ano’ there a high school out there?” asked Ava Greyer, the mother of Eugene Bailey, 17, one of the Ville teens charged in the murder. “Why would you put them here?”

Ville kids and their parents say the violence works both ways — Garden kids sneak punches when they can. It is widely believed around the Ville that the day of the fight, Altgeld kids flooded the neighborhood with cars filled with people ready to fight.

Jamal Harding, 18, a Fenger graduate who traded blows with a Garden kid in the fight, said walking away isn’t an option.

“I’m not gonna run from it,” he said. “Why should I have to run from where I live? If I have to run from where I live, where else do I go?”

Fighting, page 3
students are expressing frustrations. Overall, the transition has been handled well," said Kelly.

"The Financial Aid office said they had probably lost or misplaced my forms, that they weren't in the system or even in a folder," Casillas said. "I was told the easiest solution would be to fill out an other form instead of looking for my forms. When he arrived on campus three weeks ago, he noticed his account was empty.

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State

SAN LUIS OBISPO, MCT — In a two-day extravaganza that included a deep-pore for two, Jay and Dana Hagan were joined by eight other people for a pool swim in 64-degree water, cocktails and hors d'oeuvres on the terrace, a billiards game and dinner in a garden house—all at Hearst Castle.

"I've waited my whole life to do this!" Julie Hagan, the host-sister-in-law, said Sunday as she climbed out of the pool. She was 4 years old when she and her family visited the Castle, and "the only thing I remember were the pools, because I couldn't swim in them. Now I can call my mother and tell her I finally did it!"

The group also went on a customized four-hour Castle tour, including the chance to ring the carillon bells, all as part of a Friends of Hearst Castle adventure the Hagans won in a 2008 eBay auction. The Marin County couple paid $27,206.

FRESNO, CA, MCT — In a recession, it seems, people are more willing to stop buying flowers for their sweethearts. It's not actually that simple, but card-sellers banked on a recently released top-10 list of best-performing previously-held companies, and florists landed in the bottom 10.

Briefs

National

MIAMI, MCT — Former South Florida Catholic priest David Dupepren admitted he fathered a baby with a former stripper, and now wants custody of the infant girl.

Dupepren, in court documents filed in Miami-Dade family court, said he wants to be the primary caretaker of baby Marilyn Epiphany, who was born in January.

"He has never denied paternity for the child and he would like to be very involved in the child's life," his attorney, Raymond Rafool, said Wednesday. Rafool said Dupepren, 42, should have custody of the child at least 70 percent of the time.

WASHINGTON, MCT — Many Americans have been putting off doctors' visits, forgetting medical tests and taking expired medications to save money over the past year, according to a new poll by Consumer Union.

The survey by the nonprofit organization found that 51 percent of Americans have "faced difficult health care choices in the past year." Despite overwhelming concerns about how to pay for healthcare, however, there's still no clear public or political consensus on how to overhaul the system.

The Senate Finance Committee is expected to take a final vote on its plan later this week or early next week.

International

GUANTANAMO BAY, Cuba, MCT — The Puerto Rican National Guard is heading home soon and soldiers from their Virgin Islands and Rhode Island counterparts are mobilizing for yearlong tours at the detention center.

Commanders say they can still meet the Pentagon's missed deadline triggers unrest. Center President Barack Obama said he would shut it in January.

Obama's first-year travel sets presidential record

Steven Thomma

WASHINGTON — With his visit to Denmark to pitch Chicago as the site for the 2016 summer Olympics, President Barack Obama has now visited more countries in his first year in office than any other president did.

His one-day trek last week to Denmark — which failed to persuade the International Olympic Committee to award the games to his hometown — made it the 16th country Obama has visited since taking office on Jan. 20.

That pushed him into the top spot as the country's top globetrotting leader in his freshman year, passing the previous record holder - George H.W. Bush, who hit 15 countries in the year before he took office in 1989, and Gerald Ford, who also jetted off to 15 nations after taking office midway through 1974.

Those two were just ahead of Richard Nixon, who in 1969 became the first real globetrotting president when he went to a then-unheard-of 14 countries in his first 12 months.

Obama will add more before his first year anniversary. He'll visit China, Japan, Singapore and South Korea next month.

This much international travel see Travel, page 7
Supreme Court debates cross on California national parkland

U.S. Supreme Court hears arguments concerning cross on federal park land

Map locating the Mojave National Preserve in Southern California; the U.S. Supreme Court hears arguments on whether a cross on federal park land violates the Constitution.

Michael Doyle
MCCLATCHY NEWSPAPERS

WASHINGTON - A cross erected in California's remote Mojave National Preserve captivated the Supreme Court on Wednesday, as the justices clashed in a closely watched religion case.

The long-running dispute seemed to divide the court along ideological lines, liberals voicing skepticism about government's support for the cross memorial, while conservatives suggested that they have little problem with the Latin-style cross, which was first installed 75 years ago.

"I don't agree that every time the government allows one religious symbol to be erected it has to allow all religious symbols to be erected in the same place," Justice Antonin Scalia told an American Civil Liberties Union lawyer.

Other justices, however, voiced concern that the federal government's entanglement with the desert cross could violate the First Amendment, which bars Congress from passing any law "respecting an establishment of religion or prohibiting the free exercise thereof."

The cross stands on federal land. Even though Congress wants to transfer the property to private owners, federal fingerprints would remain. The cross is a designated national memorial, and even after being transferred, the land could revert to government ownership eventually.

"How can you say it's completely disassociated?" a dubious Justice John Paul Stevens asked the Obama administration's top lawyer.

In turn, Solicitor General Elena Kagan said that simply posting signs indicating that the cross is no longer on public property could cure any First Amendment concerns about the government endorsing a particular religious symbol.

"The government is perfectly happy to put up signs which make it clear that the plot in question will not in fact be the government's," Kagan said, repeating the point several times for emphasis.

The hourlong oral argument in the case, now called Salazar v. Buono, was rooted in the cross that the Veterans of Foreign Wars' Death Valley Post 2844 erected in 1934 atop Sunrise Rock. A plaque that explained that the cross stood "in memory of the dead of all wars" is now missing.

The cross has been replaced several times. The current cross is described as "between 5 and 8 feet tall," and is constructed of 4-inch-diameter pipes painted white. Critics say it sends a distinctly religious signal that violates the constitutional prohibition against government establishing religion.

"The cross is the predominant symbol of Christianity and it signifies that Jesus is the son of God," ACLU attorney Peter Eliasberg told the court, adding, "I have been in Jewish cemeteries, and I have never seen a cross."

Sunrise Rock is part of the 1.6 million-acre Mojave National Preserve, managed by the National Park Service. It's visible from Cima Road, about 100 yards away. The nearest town is Cima, population about 21.

In 1990, park officials denied a request to erect a Buddhist shrine near the cross and indicated their intention to remove the cross. Congress blocked the move and designated the cross a "national memorial commemorating United States participa-

see Cross, page 7
Pakistan's army objects publicly to conditions on U.S. aid

The News, a Pakistani daily. The army's top officers met to discuss the legislation at a corps commanders' conference at Rawalpindi. The chief of army staff, General Ashfaq Kayani, "reiterated that Pakistan is a sovereign state and has all the rights to analyze and respond to the threat in accordance with its own national interests," said a statement issued after the Wednesday meeting.

In Pakistan's parliament, the opposition made loud demands to reject the aid package. Prime Minister Yousuf Raza Gilani told parliament that the U.S. legislation was "not binding on us" and said that the army was "working under the civilian government."

"This bill is an attempt by the American taxpayer to give socioeconomic aid to the poorest sections of Pakistani society," said Farhatullah Bokhari, a member of parliament for the ruling party and a top aide to Zardari. "It is an act of affirmation of a major democracy for another democracy."

On a visit to Washington, Pakistani Foreign Minister Shah Mehmood Qureshi, speaking for the country's civilian political leadership, played down concerns over the aid bill and said most Pakistanis see it as a "very strong signal" of long-term U.S. backing. "Yes, we could have issues with language. Yes, it could have been better-drafted," Qureshi said in an appearance at the Council on Foreign Relations. "Yes, some of the language should have been catered (to). But the broad intention and the objective of the bill I don't think anybody is in disagreement with."

Frederick Jones, a spokesman for Kerry, said the bill has "been mischaracterized in some quarters." He said there are no conditions attached to non-military aid. "The conditions on military aid don't require anything of Pakistani military doesn't already understand the strategic interest and the imperative for action against Islamic extremism."

Asif Ali Zardari could fall. Pakistan's political opposition is also the target of long-term U.S. backing. "It is an act of affirmation of a major democracy for another democracy," Qureshi said in an appearance at the Council on Foreign Relations. "Yes, some of the language should have been catered (to). But the broad intention and the objective of the bill I don't think anybody is in disagreement with."

Spokesmen for Kerry and Lugar said Congress won't revisit the bill and that it's on course to be signed by Obama.

Saeed Shah
The News

ISLAMABAD, Pakistan — Pakistan's army said Wednesday that it has "serious concern" over conditions attached to a $1.5 billion-a-year U.S. aid package that Congress approved last month, marking a serious rupture in relations with Washington before a planned military operation against the Taliban and al-Qaeda.

The dispute pits Pakistan's powerful army against the fragile civilian government of the Pakistan People's Party, which has championed the U.S. assistance deal. Pakistan's political opposition also opposes the aid legislation, which awaits President Barack Obama's signature.

The aid bill, sponsored in the Senate by Massachusetts Democrat John Kerry and Indiana Republican Richard Lugar, was meant to improve the U.S. image in Pakistan. It requires monitoring and certification of Pakistan's action against terrorism and requires the country to work to prevent nuclear proliferation and show that its military isn't interfering in Pakistani politics.

"Everyone wants aid. The problem is the conditions, which are tantamount to holding Pakistan hostage to U.S. designs," said Marvi Memon, an opposition member of parliament. "This is a complete affront to national sovereignty." The furor appears to have caught the Obama administration by surprise and threatened the basis of its Pakistan policy, which aims to bolster the civilian government, provide aid to ordinary people in Pakistan and push for action against Islamic extremism.

By contrast, the Bush administration aimed to strengthen the U.S. image in Pakistan. It requires monitoring and certification of Pakistan's action against terrorism and requires the country to work to prevent nuclear proliferation and show that its military isn't interfering in Pakistani politics.
Traveling presidents

President Barack Obama has visited 16 countries since Jan. 20, more than any other first-year president in their first year in office.

Number of countries visited by first-year presidents

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<tr>
<th>President</th>
<th>Number of Countries Visited</th>
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<td>Obama</td>
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Travel

is a bit surprising for Obama, who ran on a domestic agenda, such as overhauling health care.

Many of his overseas trips have come in international meetings, such as the G-20 economic summit in England or a NATO summit in France that focused on the kind of international partnerships that Obama stressed as a candidate. Others have included Obama's attempts to rebuild international support for the US, such as his speech to the Muslim world from Egypt, and a town hall meeting with the Egyptian people.

"They have to travel," said George Edwards, a scholar of the presidency and political scientist at Texas A&M University. "If you're going to have meetings of major countries, you have to be there. I don't see any other option. Of course, there is discretion about which countries you stop in on the way."

Presidential travel abroad is a relatively recent part of executive diplomacy, one that has accelerated in recent years. Barack Obama, while not mentioned in recent years, has visited 16 countries in the past year in office.

Cross

WASHINGTON A Senate Democrat who's been worried about the impact of impending climate and energy legislation on manufacturing said Wednesday that he'd back the historic legislation if it contains enough measures to protect American jobs and industry.

"The image of the United States improved markedly in most parts of the world, reflecting global confidence in Barack Obama," the Pew Research Center said this summer after polling 24 countries. "In many countries, opinions of the United States now are as positive as they were at the beginning of the last century, before George W. Bush took office."

Obama has also improved some strained relations, notably with Russia. That, and especially Obama's decision to abandon plans for a ballistic missile defense system in Eastern Europe, likely helped bring Russia inside the fold in pressing Iran to open secret nuclear facilities to international inspection.

The man who's challenging the president, George W. Bush, is the first other president to travel outside the US while in office, visiting Panama. John F. Kennedy was the first to get his own presidential jet, a Boeing 707, while Richard Nixon was the first to have use of the specially modified Boeing 747 wide-body.

The costs of the trips — borne by taxpayers — are difficult to measure, but they're expensive. When the president uses the familiar blue-and-white reconfigured 747 as Air Force One, it costs $109,219 an hour. The time the White House spends on the cross, itself, but rather to the park service's refusal to allow other religious symbols at Sunrise Rock. Even though one crucial issue is whether Buono has the legal "standing" to challenge the cross, the nine justices largely avoided asking questions Wednesday about the standing issue. Justices Stephen Breyer and Ruth Bader Ginsburg joined Stevens in voicing skepticism about the government's actions, while Chief Justice John G. Roberts and Justice Samuel Alito joined Scahill in sounding more sympathetic to the cross.

"It's not gone, the government's message," Kagan said.

The cross's congressional allies want to give Sunirse Rock to the private Veterans of Foreign Wars in exchange for private land elsewhere. That would leave the cross standing on a 1-acre doughnut hole within the national monument.

"It is no longer the government's message," Kagan said.

The man who's challenging the cross, Frank Buono, is a retired park service employee and a practicing Roman Catholic. He says he doesn't object to the cross itself, but rather to the park service's refusal to allow other religious symbols at Sunrise Rock. Even though one crucial issue is whether Buono has the legal "standing" to challenge the cross, the nine justices largely avoided asking questions Wednesday about the standing issue.
DTB mixes up Thursday nights with DJ spinoff

Nikol Schiller

As part of their goal to return Thursday to its status as the best bar hopping night of the week, Downtown Brewing Company hopes to draw in a crowd as they kick off hopping night of the week. Downtown Brewing Company hopes to Thursday to its status as the best bar Central Coast DJ Competition to the first round of their month-long Nikol Schiller the next year.

Downtown Brew’s “resident” DJ for Skinny • Boot Cut • Straight Leg • Flare • Skinny • Boot Cut • Straight Leg • Flare $39.99 Denim Sale

As part of their goal to return downtown to ten nneer Qlen

Soon after he experimented with turntables when he was 15 years old, DJ Tommy (afirst says is “puttin’ it over there. They get down and the clubs are hype,” DJ Tommy Ganz said.

DJ Tony A (The Outsider) After relocating from San Diego, DJ Tony A recently opened PureHed Seafood Restaurant in Pismo Beach. He took a break from DJing after mixing beats for 10 years but decided to get back into the groove when he moved to the Central Coast. He says he’s very versatile in his music selection and will “play whatever the dance floor going.” Tony A may be new to the area, but he’s confident in his DJing abilities. “I know I’m going against some heavy hitters,” he said. “I think I definitely have what it takes to win it.”

DJ Sol (The City Slicker) Originally from Los Angeles, 24-year-old DJ Sol now spins tracks at Native Lounge in San Luis Obispo. Sol draws inspiration from DJ Sprey, a Hollywood DJ. “He always puts on a good show and he’s a super humble guy,” Sol said. Also influenced by the sounds of Dr. Dre and DJ Quik, Sol tries to keep the crowd on their feet. “I try to incorporate quick mixing, lots of tricks, scratching, loops, trashy transitions, and I incorporate a variety of music from all sorts of genres. I try to think of the next free or free songs that I am going to play to make it a smooth transition,” he said.

DJ Katchafya (The Rastafridian) Voted as runner-up for best DJ on the central coast by New Times, DJ Katchafya blends reggae beats with other music genres like hip hop and rock. Inspired by reggae king Bob Marley, Katchafya’s mixes pay tribute to Jamaica, the foundation of reggae music. He has opened for Bob Marley’s son, Stephen Marley, roots-reggae band Steelie Pubs and Jamaican-born Don Carlos. Katchafya can also be found spinning at local spots such as Farrel’s Market, local cafes, and school events.

DJ C.flo (The Video DJ) Originally from Los Angeles, DJ C. flo brings a whole new element to his music by adding music video clips to go along with his mixes. Online he has received more than two million views on his video remixes. Inspired by the Baka Boyz Hip-Hop Master Mix radio show, he was voted number one club DJ in the New Times Best of SLO 2009 edition. While C. flo enjoys the competitive part of the contest, he has dollar signs in his eyes.

“I’m in it for the $2,500. That’s a chunk of change I can’t not try for,” he said.

DJ Oso Mighty (The House Party DJ) Starting his DJ career at high school parties in southern California, DJ Oso Mighty has brought his mixing skills to the clubs and bars of central California. Oso Mighty is part of an alliance of DJs called the Mixaholics. Coming from a family of musicians, Oso Mighty considers music a lifestyle rather than a hobby.
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picture of the day
by David Truem
“Please Take A Seat”

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Zesty citrus will liven your food

When you're eating a piece of chicken breast or some leftover pasta do you ever wonder how you could improve the flavor in a fast way that will not make you start from scratch? The simple answer is add a bit of citrus. I know you're thinking that lime-flavored pasta or tangerine flavored chicken sounds weird but it's actually surprisingly good and takes only a small amount of time to prepare. A little squeeze of lemon or zest of an orange can make the blandest of foods turn into little masterpieces bursting with flavor and vitamins. I hope from reading this you will come to love citrus the same way I do.

I often come home from school tired and don't want to spend all night making dinner, so I turn to my trusty oven and pre-heat it to 350 degrees Fahrenheit. In a shallow glass pan, I put some olive oil, some properly defrosted chicken breasts (defrosted in the fridge not the counter or in hot water), some Mrs. Dash's Chicken Grilling seasoning blend, light Italian dressing, and then pour in enough orange juice or tangerine juice to partially submerge my chicken. I let the oven do its job, and after two hours I cut into a piece to make sure it is not pink in the middle (smaller pieces may cook faster). This is a simple recipe that turns my boring chicken breast into a savory piece of poultry. With a little rice pilaf and some veggies on the side, I have a dish that tastes great and will give me leftovers for days.

Some of us don't have two hours to wait or are just too hungry, so here is an even easier recipe. Throw leftover pasta and chopped pre-cooked chicken in a bowl and microwave it for a minute or so. Add a little olive oil, squeeze or zest a small amount of your favorite citrus fruit (the zest is the outer layer of a citrus fruit that you would normally peel away and you can even use those pre-juiced lemons or limes), and add salt and pepper to make a simple pasta sauce. I do not like pasta sauce that much so this is a great substitute for it and it is a great way to utilize leftovers.

For those who enjoy taking more time to cook and being more adventurous I recommend stir frying or sauting some chicken or sea food and veggies (my favorite combination is chicken or shrimp — I know shell fish is not kosher but I eat it anyway) and adding whatever citrus fruit you feel like. Add the juice, the zest, or even cut up the entire fruit and cook it with your meat and veggies. You can even add your leftover pasta right back in the pan with the stir fry if you want to use up those leftovers. It adds some pizzazz to your meal and brings out a lot of the natural flavors in foods.

Cooking with citrus is not the only way they can be used. Have you ever found that cutting a piece of fruit too soon can cause browning? The fruit's inside is exposed to oxygen which causes a reaction to change the color. Adding some lemon juice to a cut up piece of fruit can limit and sometimes prevent the browning from occurring. Most of us also eat citrus fruits such as grapefruits and mandarins by themselves which give us a great source of vitamin C and can help hydrate us since they are mostly made of water.

All in all, the simple lemon that used to just make you lemonade has many more functions than you could imagine. Try one of these recipes or even create your own. Citrus fruits and juices are generally cheap and can be found in any grocery store. The best part is they are low in calories and make your food taste delicious.

The next time you're in a rut looking for that special ingredient to make your food taste better, grab a piece of citrus and let the juices flow because a little citrus goes a long way.

Bethany Abeles is a food science senior and Mustang Daily food columnist.
Film festival to address variety of environmental concerns

Erin Hurley
ARTS

A number of contemporary environmental issues from around the world will be addressed in film during the second annual Los Padres Forestwatch "Wild and Scenic" Film Festival. Global topics ranging from wildlife preservation to protecting endangered species will be covered in seven different short films, voted as favorites at the event's main festival in Nevada City, California.

"These films touch on many of the current environmental issues that we can relate to here in our own community, like watersheds or ocean protection," said Diane Devine, Forestwatch development coordinator. "They also reach out and address issues from around the world, which we hope will inspire our viewers."

Forestwatch is a nonprofit organization located in Santa Barbara that works to protect the Los Padres National Forest and spread awareness about protecting public lands all along the Central Coast. The organization's use of scientific evidence and legal tactics to accomplish its goals has made it a prominent environmental group in the area.

"Our hope is that we motivate people to take an interest in our work and in the natural world just outside their back door," said Devine.

John Haldrey is co-owner of Central Coast Outdoors, a company that plans outdoor adventure tours and vacations, said he is pleased to see this type of event coming back to San Luis Obispo.

"We feel strongly about environmental groups like Forestwatch who share our environmental interests and values," he said. "We try to help groups like these and we're happy to have this opportunity (to be a sponsor)."

For various environmental interest groups on campus, this type of event is a way to bring complex issues to the student body.

"It's great that the organization is reaching out in this way," Suzie Cuff, president of the Association of Environmental Professionals, a club on campus that advocates environmental awareness and organizes activities like creek clean-ups, said. "The issues that the films are about are really important - I really hope the festival will get the lines of communication open among students about the issues."

Ma'ayan Bennaim of the Empower Poly Coalition, a coalition of groups on campus that focus on promoting sustainability, said he is "really glad that the school is reaching out in this way. The films seem to cover a wide range of topics that will help activate the student community to make a difference while also entertaining."

The festival will be held on Fri., Oct. 9 in the Spamos Theatre. Forestwatch will host a reception and have several raffles and informational booths for attendees at 6:30 p.m. before screening the films at 7:30 p.m. Tickets are $10 for adults and $5 for children, and can be purchased on campus at the Spamos Theatre.

"In a scene from "The Last Decent," a white water kayaking group floats down the Marsyangdi River in Nepal, a river that is threatened by large-scale hydroelectric project.
EDITOrial

To the Mustang Daily: Please limit length to 600 words. Letters, commentaries and write a letter to the Mustang Daily. You will be asked to submit a personal photo.

“We gave a glimpse to the task that he encouraged and saw through. But little of us did ask. And little did we ever do. And what appears if we review the same steps we took and led? It is the face of one who knew that we were learning while we walked.” — Edwin Arlington Robinson, from “The Master”

E.A. Robinson’s poem was written shortly after the Civil War from the perspective of many who opposed President Lincoln, and I think it beautifully echoes the current political climate in America. The Republican Party reflects such irreligious opposition to President Obama’s health care reform, and they criticize his seemingly indefensible stance against religious movements in Afghanistan, while concurrently offering nothing themselves.

Most of the right’s opposition stems from puniti: such as Glenn Beck. Beck is a leader in the House and Senate, like Eric Cantor, Michelle Bachmann, Tea Party members, and Mitch McConnell. And, they’re very good at being glamorous in their opposition. But Michelle Bachmann never fails to make headlines when she opens her mouth, but a Monarchist made a statement on the House floor that if public option health care is passed, she will go further entitled into “sex clinics,” where teenage girls will be able to get abortions without parental consent.

That’s an absolutely false claim, but it didn’t cause her to be ostracized from serious national news organizations; instead, she made an appearance on Larry King Live Tuesday night, where she said, “people go where they think they’re going to hear the truth.” She went on to insinuate that Limbaugh and Glenn Beck speak the truth.

“If you look for a critical mass, that’s the movement, that’s the direction that the critical mass is going. And the American people are very smart people, she continued.” Bachmann essentially believes Republicans (with no exception) have a “critical mass” in the current ideological gap between her and Linbaugh.

But the right, as King points out on that episode, only about two years ago were equally, if not more, puniti: Limbaugh and Beck.

That’s hardly a movement. America is moving toward reform, and that’s where we’ve been headed since we elected Obama. It may seem as though he’s accomplishing what he promised on the campaign trail, like shutting down Guantanamo Bay, getting our troops out of Iraq, and allowing the Patriot Act to sunset — as Saturday Night Live noted last weekend.

But there’s a reason we didn’t choose a swaggering, overly confident imperialist like Trum p. Let us forget, the Bush presidency is responsible for every situation the Obama administration is trying to improve today. And I think there’s a case to be made that a lack of them it would be behind the list of President Bush’s mistakes.

I appreciate, that according to the NY Times, Obama gathered lawmakers at the White House Tuesday to discuss troop options in Afghanistan, and they told him, “No one feels we made the right decision, and that’s the movement, that’s the direction that the critical mass is going. And the American people are very smart people.”

But the right has gone through proper schooling, but a Monarchist is to deny years of evolution has done. It has allowed us to find ancestral similarities, and test pharmaceuticals on animals other than humans. It allows us to make drugs, and to genetically modify organisms. The fact that lifeform have the ability to evolve, and that we know many of the mechanisms allowed for leaps in medical science. What has intelligent design done? Nothing. The belief that an unknown being has created everything from scratch does not allow for assumptions that can be made using evolutionary theory. To argue that the only way for one to practice their religion is to deny years of experiment and progress is fallacious. No science may not know the teaching of Spiritual Truth. But it can, and does, give you many of the provable resources of the physical world you live in. It doesn’t try tell you the spiritual truth. But, and that is what separates science from religion.

And to teach a Multitier based on science, experience, and a belief system that is ultimately true. Intelligent Design might have a role in a philosophy course or some other course on the history of ideas, but it has no role in science. Lastly, it erroneous to call for the abolition of laws concerning the “establishment of religion or prohibition thereof” EVEN IF Jefferson’s intention was not to establish a solid wall of separation between Church and State, how do you suppose that we incorporate religions that being without respecting upon the free exercise of other religions? Additionally, since we would always need an opposing view for a critical evaluation of the truth, how are we to teach all religions in a class? Is it only years that matters?

— Keither Goodwin Response to “American education twists Jefferson’s intent”

Mr. Tsoi’s arguments and ideas are contrary to practical reality, and are obviously based on reasoning found ed in religious indoctrination.

— Anonymous Response to “American education twists Jefferson’s intent”

The Mustang Daily takes pride in providing a daily newspaper for the CSU-Pomona campus and the neighboring community. We strive to provide a meaningful experience and are thankful for your careful reading. Please send your comments to: mustangdaily@gmail.com.

You are an English sen and and Mustang Daily political columnist.

Stephanie England

Obama’s alleged indecision is actually calculated response

November 9, 2009

I cannot understand how someone who is arguably intelligent and has gone through proper schooling can make this argument. If you really want beliefs taught in the schools, especially in the sciences, you will have to realize what you’re doing. Evolution has done. It has allowed us to find ancestral similarities, and test pharmaceuticals on animals other than humans. It allows us to find the ancestor of a bacteria or a virus, or whatever else you may find on the origin of it. It allows us to make drugs, and to genetically modify organisms. The fact that lifeforms have the ability to evolve, and that we know many of the mechanisms allowed for leaps in medical science. What has intelligent design done? Nothing. The belief that an unknown being has created everything from scratch does not allow for assumptions that can be made using evolutionary theory. To argue that the only way for one to practice their religion is to deny years of experiment and progress is fallacious. No science may not know the teaching of Spiritual Truth. But it can, and does, give you many of the provable resources of the physical world you live in. It doesn’t try tell you the spiritual truth. But, and that is what separates science from religion. And to teach a Multitier based on science, experience, and a belief system that is ultimately true. Intelligent Design might have a role in a philosophy course or some other course on the history of ideas, but it has no role in science. Lastly, it erroneous to call for the abolition of laws concerning the “establishment of religion or prohibition thereof” EVEN IF Jefferson’s intention was not to establish a solid wall of separation between Church and State, how
Another attempt to tap down Afghan drug trade

Aziz Ahmad Tassal
MCCLATCHY-TRIBUNE

Thursday, October 8, 2009

With the season for planting poppies approaching, Afghan farmers are considering their options.

Faced with plunging prices caused by oversupply of the raw material used in opium production, some farmers coupled with intensified efforts to stamp out production of the illegal crop, an increasing number of growers are producing wheat instead of poppies.

Helmand Province is still the leading producer of opium in the world. But officials report that poppy cultivation was down 33 percent in 2009 compared with the previous year.

Helmand Gov. Gulab Mangal says the decline is partly due to his Food Zone program, which distributes seeds, fertilizer and equipment to farmers who grow wheat and other food crops rather than poppies.

"The Food Zone program encouraged people not to grow poppy," Mangal said. "It shows that seriousness, a regular plan and good management can have an effect."

Salim Zareyal, an adviser to the governor, said enforcement of the law against illegal drugs also played a role. "We raised public awareness by talking to religious leaders and soldiers. We had a lot of meetings about the illegality of poppy," he said. "We also conducted a campaign through the media. In addition, we distributed seeds, and got serious about implementing the law. We punished smugglers and confiscated the tools needed for harvesting. We seized and burned opium. All of these measures contributed to the decrease."

The fight against opium poppy in Helmand has been a long and difficult battle, with many setbacks. Much of the land under cultivation is in areas controlled by the Taliban and other insurgents. Some farmers have been protected by corrupt police or government officials.

Bari doesn't seem concerned about a government crackdown. "We are just as strong as the government. We harvested our fields, and nobody interfered. I harvested 140 kilograms and I will plant it again this year. It is like cash, I can sell it whenever I want to."

Other farmers are also weighing their decision.

"I am not happy to grow poppy, but what else can I do?" said Sheer Agha, a farmer from Nawa district. "Other crops do not bring in as much income. Opium might be cheap at the moment, but the price will go up later." There is good money in opium."

Agha was offered a chance to join the Food Zone program last year but declined. "They gave us wheat last year, but we stuck with poppy," he said. "When the poppy eradication team came to our village, we gave them about $4,800 and they left our crop alone. We are still thinking about what we do this year, we have not yet made a decision."

The program is accused of being rife with corruption.

"This multi-million dollar project is going into the pockets of a very small number of people," said Abdul Aziz Helmandwala, a tribal leader in Helmand. "I am critical of it for many reasons. First, they promised to distribute high-quality fertilizer, which cost $50 per sack. Instead, they are giving out an inferior product, which you can buy in the market for less than $5 a sack."

"We are not going to cultivate poppy," Bari said. "We want to meet with the district governors soon so that they take this issue seriously," Mangal said. "They should tell the people that anyone who cultivates poppy will be arrested and imprisoned and his equipment will also be taken from him."

The Obama administration's efforts to impede Senate approval of a law designed to protect reporters from punishment if they refuse to divulge confidential sources are both surprising and utterly disappointing.

As a candidate, Sen. Obama endorsed the "media shield" that allows courts to decide whether a confidential source deserves protection. But Sen. John McCain, the Republican contender, as a senator, Obama co-sponsored an earlier version of the bill that the Senate Judiciary Committee is considering.

Now that he's the decider, Obama has developed cold feet. Last week, he let lawmakers know that he wanted the bill changed in a way that would cripple key provisions on when and how to invoke protections for reporters and their sources. This would gut the essential provisions of the proposed law.

Obama disputes that there are instances when the government should have the right to compel information to safeguard the public. That is why all versions of the bill offer a qualified, rather than absolute, privilege, with courts providing meaningful judicial review to determine when the "media shield" should come into play.

It also requires prosecutors to make reporters the last stop, not the first step, for finding the source of information. More important, it offers a balancing test that weights the needs of the government for information against "the public interest in gathering news and maintaining the free flow of information."

Obama apparently decided he didn't want any of this after meeting last week with his national security team. The administration has proposed changes that would eliminate the balancing test in cases deemed "significant" to national security. Judges would be instructed to deferential to government claims about the significance of a leak.

The Judiciary Committee should quit trying to work with the White House and approve the bill as is. A version has passed in the House. That would oblige President Obama to openly oppose the media shield be onceavored or veto it when it comes to his desk.

Ideally, he would embrace a bill he once backed.
The New York Times Crossword

Across
1. English poet who wrote "The Waste Land" 36...
2. "Try will be done," in a prayer 36...
3. "The Angel in the House" 36...
4. "Tri" 36...
5. Parts of a rose 36...
6. Cheap cafe 36...
7. Scheme 36...
8. Like outcasts 36...
9. Balkan land 36...
10. Canadian prov. on Atlantic Time 36...
11. Previously called 36...
12. Desert water source 36...
13. Big 12 sch. 36...
14. Headlights 36...
15. Sense of "who" 36...
16. Tiny highway maneuvers 36...
17. Fault 36...
18. Where a hole may develop 36...
19. Town in W.W. II 36...
20. Counterpart of Thalamic, in Freudian psychology 36...
21. Not here 36...
22. Stain 36...
23. Locks 36...
24. Corporate lawn 36...
25. Not authentic 36...
26. Not a salt 36...
27. Light emitting diode 36...
28. Liquid crystal 36...
29. Taylor 36...
30. India 36...
31. Mystery shopper 36...
32. From the tail of a Neosho River 36...
33. Spools of thread 36...
34. Vikings, for a business 36...
35. Not just a etc. 36...

EDITED BY WILL SHORTZ

No. 0903

61. Overused soap operas
62. Swiss mini roc rabbits for sale
63. Runs down
64. Sack and others
65. Opposite of up
66.受益者
67. Room with built-in shower (a.k.a.
68. Goddess who wrote for Good Housekeeping
69. "Auto accessory"
70. Fountain orders
71. "Auto accessory"
72. Popular newspaper columnist who writes for Good Housekeeping
73. "Like outcasts"
74. Roman poet
75. "The Angel in the House"
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SOLUTIONS PAGE 24

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Philles
continued from page 12

pitching today," Manuel said, "he has a football and cutter, and he was real good with both of them and he used them. He was ag­ gressive. He had a big tempo and rhythm, and he had good con­ centration."

For most of August, Lee breeched through his stars, forc­ ing games to operate at the brisk pace that he set. His pitches went where he wanted them to go, leaving opposing batters clueless. Yesterday, he reestablished what Manuel called a "flow."

Lee allowed six hits and struck out nine. He walked two.

"He handled the whole flow of the game pretty well," the manager said.

Through the first four innings, Jimenez appeared unhittable, missing a fastball that reached 100 m.p.h. with a high-90s change-up and sneaky curveball. But he fal­ tered in the middle innings.

"The guy we beat today has got a ton of talent," said a proud Manuel, whose team won and fell depending on the quality of his team's at-bats."He's got a big-time arm. He's got tremendous stuff. I feel like we did a good job. We definitely created some chances and we took advantage of them."

Jayson Werth led off the sixth with a walk, and Raúl Ibañez scored him with a double. Carlos Ruiz followed with a run-scoring single. The next inning, Werth's triple highlighted a three-run as­ sault for a 3-0 lead.

The Phils collected four hits in 11 chances with runners in scoring position, enough to blow through Game 1.

"We know how to play the game, and our guys know how to move runners," Manuel said. "Sometimes they don't do it, but at the same time we know how, and when it's supposed to be done. And that's what execution is all about."

The result was a performance that pleased the Philles and their fans, all parties eager for another World Series win.

With two outs in the ninth and many in the crowd chanting "Let's go Lee," the unfazed playoff neo­ phyte blew a 93-m.p.h fastball by Garret Atkins for strike three. Lee and catcher Ruiz pumped their fists, and met between home plate and the mound to slap hands and bug.

It was just the first of the 11 victories needed to earn a second title, but Wednesday featured a championship-caliber performance from the entire team. "We seem to have a knack for doing that," said Rollins. "For finding hits when we most need them."

Cal Poly soccer loses to league rival UCSB 1-0

The Cal Poly men's soccer team (4-7, 2-1 Big West) dropped a 1-0 decision to No. 7 U C S a n t a B a r b a r a o n W e d n e s d a y at H ar d e r S t a d i u m .

The Gauchos (8-2-1, 2-0) who moved into first place in the Big West with the win, got a 29th minute goal from Luis Silva for the only score of the match.

The Mustangs would not be without their chances. Junior forward David Zamora had a shot hit the post late in the first half that would have tied the match.

Harder Stadium saw 5,842 people attend the match, a relatively sparse crowd compared to the nearly 10,000 that watched the match last year in Santa Bar­ bara and less than half as many at­ tendees as the 11,075 that packed into Alex G. Spanos Stadium last year, making it the third-highest attended regular season soccer match in collegiate history.

The Central Coast rivals con­ tinued their chippy play as seven players were carded, including four Gauchos. Several players were forced to avoid flying tor­ tillas that had crude messages written on them.

UC Santa Barbara outshot the Mustangs 22-8 overall and 9-3 in shots on goal.

Cal Poly junior goalkeeper Patrick McLain had seven saves for Cal Poly. The Mustangs re­ turn to action at 7 p.m. Satur­ day when they finish their non­ conference schedule with a road match at Cal State Bakersfield.

For a full recap of the match, read Mustang Daily's online-only Friday edition at www.mustang­ daily.net.
Mustang football travels north to face Montana

Tim Miller
MUSTANG DAILY

The Cal Poly football team faces yet another major test on Saturday when they travel to Montana looking for their first win against the Grizzlies (4-0).

Head coach Tim Walsh said that he wasn't worried about the team's travel schedule saying that there have been much more difficult travel plans in the past.

"As a coach it's always a good thing when your players laugh when you say you have a difficult travel plan," he said.

Walsh did sound worried about the Montana crowd which he gave credit for beating his old team, the Vikings, when he was the head coach of Portland State University.

"To be honest with you I've lost a game because of their crowd," he admitted.

Walsh said that he didn't want to have his team worrying about the homecoming crowd, which is likely to be near capacity at the 25,200-seat Washington-Grizzly Stadium.

"If we are thinking we are gonna go beat their crowd, we're beating the wrong teams," he said. "So we're gonna go play the guys that have the crimson shirts on."


to make a huge improvement (it's special teams), because they're good on special teams," Walsh said. "So we need to play much better on special teams."

Cal Poly's offense struggled to score last week but still moved the ball very well. Walsh said that offense's ability to move the ball helped out the defense by giving them their great field position as well as keeping them well rested.

The rest paid off, the Mustang defense accounted for two of the three team touchdowns on Saturday. Cal Poly linebacker Marty Mohamed caused a fumble that resulted in the winning score against South Dakota State after he sacked Thomas O'Drean near the end zone. His spectacular play also resulted in winning his first Great West Defensive Player of the Week award and being named among the College Sporting News National All-Stars on Oct. 5. Mohamed leads the Great West in tackles per game with 9.2 and leads Cal Poly with two sacks.

Mohamed said that watching the game on film was even better than playing in it.

"You feel like you never play as good as you actually do," he said. "You always walk off the field like you did something wrong but I mean watching film was finally one of the times I actually left the film session completely satisfied with how I played."

Philles take 1-0 lead behind Lee

Andy Martino
THE PHILADELPHIA INQUIRER

PHILADELPHIA — The question hovered over the Phillies through a troubling September, as their starting pitchers faltered and their lineup depred. Come playoff time, could they redesign their swagger?

Supremely confident (or were they self-assured to a fault?) that they would succeed in a meaningful game when one arose, the Phils backed that attitude with an impressive effort Wednesday. They defeated the Colorado Rockies, 5-1, in Game 1 of the best-of-five National League division series. Cliff Lee, acquired in late July for just such a moment, pitched a complete game in his first postseason appearance.

And the Phils’ offense, which stayed in recent months from its propensity to produce timely hits, bashed top-notch Colorado starter Ubaldo Jimenez.

"We pretty much knew all we had to do was close the season out," Lee said in September. "I actually left the film session completely satisfied with how I played."

Walsh said that watching the game on film was finally one of the times I actually left the film session completely satisfied with how I played.

And the Crabtree saga begins

Daniel Brown
SAN FRANCISCO EXAMINER

All along, Scott McLaughlin had a hunch. When things went quiet on the Michael Crabtree front, the 49ers’ general manager told his lead negotiator Parag Marathe to stay patient.

"This will come out of left field," McLaughlin said. "They will be doing you a favor."

And so it happened, as a month-long standoff turned into whirlwind negotiations. The sides broke their silence Sunday and quickly hammered out a six-year deal that includes $17 million in guaranteed money.

Crabtree’s contract was complete by about 2 a.m. Wednesday morning.

By about 1 p.m. PDT, he was on the 49ers’ practice field.

The No. 10 pick in April’s draft will not play in Sunday’s game against the Atlanta Falcons. After the bye week, he could make his debut Oct. 25 against the Houston Texans.

For now, Crabtree is just happy to put the prolonged negotiations behind him.

"It’s a humbling experience," he said. "I feel like going through that, you understand the world a different way, look at my teammates a different way. Hopefully, it works out for the best."