Health care uncovered
One student’s senior project aims to educate about health care reform

Megan Hasler

When biology senior Rachel Horstein asked Cal Poly students what they knew about health care reform recently, she was shocked to find that the overall answer was “not much.” This led to the idea for her senior project, an event aimed at educating students, faculty and the community about the ins and outs of reform. The event, being held next Monday at the Alex and Faye Spanos Theatre, features three hand-picked speakers.

“It is really complicated,” Horstein said. “I don’t know everything and I have been working on it for over a year.”

The different opinions presented in the talk are the main source of confusion for people. From the “virtual marketplace” to single-payer, the health care reform debate has many complex topics. According to Horstein, the three big issues surrounding this topic are accessibility, affordability and availability, the added.

“A lot of people have been concerned about how it will affect their personal insurance,” Horstein said. “It is a huge privacy issue as well and it is good to have a discussion.”

Cost is one of the factors people are most worried about when discussing health care.

College students might not be paying for their health care now, but when they graduate many will be.

When Horstein visited classrooms and asked students who knew about the health care reform, she only saw a few hands go up in the air.

“I hear a lot about the negatives about the bill,” Horstein said. “But what’s it going to do?” English junior Nick Georgoff said.

Horstein stressed that undergraduates need to understand that they will have to buy into health care at some point.

“I am just used to being insured,” English junior Elizabeth Blande said. “I guess you don’t really think about it.”

Horstein’s background on the topic began in childhood with a family of health care professionals and then pursuing the career herself. It was also fueled by her work this summer. After working in Washington D.C. with a few organizations working toward health care reform, Horstein knew she wanted to create an accessible event that would educate college students. “I know what students want: free, food and fun,” Horstein said.

The event will be held Nov. 23 as one of a three-part series (one per quarter). The presentation will help students to formulate an opinion on health issues. This event is free to the public. Refreshments will be provided at 4:30 p.m. and the event will begin at 5 p.m. The event will also be live-streamed at mustangdaily.net/live with a live chat available.

For this event Horstein coordinated a diverse group of experts, which included a doctor, a lawyer and the dean of admissions at USC Medical School.

“I was researching a lot of similar programs and I wanted it to come from all different sides,” Horstein said. “I also found it to be more comprehensive.”

Health policy advocate and attorney Dr. Joel Diringer was chosen as a panelist because he has worked with farm workers in San Luis Obispo for nearly three decades. Horstein said he said that Congress is not really debating “health care reform” but rather medical insurance reform.

The “real” cost of medical care is a viewpoint that is not widely discussed, Diringer added.

“This bill does little to address the real costs of medical care which are driven by preventable chronic diseases related to diet, exercise, personal habits such as smoking and environment,” he said.

Diringer has been consulting independently since 1991. As one of the original senior staff of the California Endowment (the state’s largest health foundation), Diringer worked to get over $50 million in 150 grants, which helped to “improve health of low-income Californians.”

“Most of the money was geared toward the under-served and the uninsured,” Diringer said.

Dr. James Horstein, Rachel Horstein’s father, has been practicing family medicine for 25 years and is currently the director of ethics and palliative care for Community Health Systems in Ventura. He has taught bioethics classes at University of Califor­nia, Los Angeles and University of Southern California. Rachel Horstein said that his background made him an obvious choice for the panel.

The health care reform will have an effect on all health care professionals as well. This includes students going into the health care profession. Erin Quinn, dean of admission for University of Southern California’s Keck School of Medicine, will provide a look into enrollment and admissions to medical school and how the reform could affect this.

A lot of people have been concerned about how (health reform) will affect their personal insurance.

—Rachel Horstein

biological sciences senior

Business profits from technology

Miles Fairchild

Using a program called Elluminate, Fisher’s image appeared on his student’s computers. Using his PowerPoint notes, he lectured his students while they sat at home or in their dorms.

Fisher, an economics professor, was visiting Chulalongkorn University, the premier institution of higher learning in Thailand.

Fisher sent his students an email with a link to the video. The students could then see and hear Professor Fisher as he taught them from thousands of miles away.

They were free to ask questions via instant messaging that appeared for all to see. Elluminate allows up to six students to appear at once to talk with their professor, if they turn on their cameras.

Fisher could take roll to see how many of his students were watching the lecture. Additionally, the session was also recorded for students to go back and view parts they might have missed.

The business college’s distance teach programs not only enhance learning, but also mirrors real-life and the types of interactions students can expect in the business world, said Frank Gonzales, instructional technology consultant for the Orbisla College of Business. Many big corporations in the world use programs similar to Elluminate in their business dealings, Gonzales said.

The college is aiming to help its students to appear at once to talk with their professor, if they turn on their cameras.
The program is practical for students and a good learning tool, Holder said. Aplia gives problems and experiments for students to work on their computers. It's these simulated scenarios that are in-line with real situations that people in the business world face, Holder said.

Another system in place at the college is called Clicker. It's an interactive tool that is built into PowerPoint for use in lectures.

"One of the main detractions of big lectures is passive learning," Professor Fisher said.

Clicker turns this around. Each student brings a small remote to class that's equipped with buttons A through D on it. Every 10 to 15 minutes a slide will appear with a problem on it and the available answers. The students must "click" the answer they want to try.

The results appear for the professor to see. From here the professor can determine where the class is at, in terms of which answers were the most common or how many students answered correctly, Holder said.

Not only does this keep students attentive, but also it gives them incentive to show up to class, Fisher said.

"It keeps the students a little bit more awake and gets them to see the importance of lectures and showing up," Fisher added.

"Aplia is very good software, it creates mini-scenarios for students to learn about economic principles like supply and demand," Fisher said.

"It was a lot of work. We had to do it from the beginning to the end," she said.

Cynthia Moyer, a recreation, parks and tourism administration lecturer, said the students are finding the need to apply their skills with program design and communication, meeting the course objectives.

"The students have really taken ownership of this event," she said. "We're letting them make the decisions."

"I think I've been proposed to at least once. I'm sure someone has proposed to them. That's the reason I stay," she said.

"We've been targeting the student population; there have been people from San Luis Obispo who have expressed interest, though," Howell said. "I'm sure people from around Santa Maria will come participate." The race begins at midnight. The course starts at Mott Gym, runs around campus to California Avenue, then to Poly Canyon Village and Cerro Visto Apartments and back to Mott Gym. The event planners are taking safety precautions to ensure everyone has a safe race. The entire course will be lit and visible is the course on major roads. The University Police Department will also attend. It's at midnight in November, Howell said, so people should expect to see Run, page 3.
California adopts rules to cut energy use by TVs

Dana Hull
SAN JOSE MERCURY NEWS

SACRAMENTO, Calif. — In a widely watched ruling that could be followed by other states, California passed first-in-the-nation energy-efficiency standards for new television sets.

After two years of debate and fierce opposition from the Consumer Electronics Association, the five-member California Energy Commission unanimously voted Wednesday to require new TV sets sold in California to reduce electricity consumption 33 percent by 2011 and 49 percent by 2013.

Environmentalists and energy-efficiency experts applauded the move, noting that other states, as well as the federal government, are likely to follow California's lead.

"The newly adopted California TV standards will be the most advanced in the world," said Noah Horowitz, senior scientist with the Natural Resources Defense Council. "If history repeats itself, we expect many policymakers around the nation to adopt similar standards in the future." The Energy Commission says the new standards, which apply to all new televisions with screens that are 38 inches and smaller, will save consumers money on their electricity bills, help California conserve energy and avoid the need to build additional power plants.

"Efficiency in the energy business is a job one can do in California," Commission James Boyd said shortly after the 11:30 a.m. vote. "It is the shortest route to serving this state and save our citizens money.

Though recent public hearings have drawn scores of lobbyists from the television manufacturing industry, Wednesday's vote was a relatively quiet affair. No one from the Consumer Electronics Association attended the hearing.

Commissioner Arthur Rosenfeld, who is widely considered "the godfather" of energy-efficiency standards, spoke of the day as "a great fall day in California."

"We've come out with two tiers of standards, and by the time they kick in, we'll save one whole power plant," Rosenfeld said. "It's a very good deal for society.

The new regulations are expected to drive technological advances as manufacturers race to meet the Golden State's new standards.

"If you care about energy efficiency, you can't help but look at TV," said Andrew DeLucks, executive director of the Appliance Standards Awareness Project. "Will the standards pave innovation? Absolutely. It's a huge business opportunity. There is a market for efficiency."

California has a long history of adopting efficiency standards for appliances like air conditioners, clothes dryers and refrigerators. The regulations have helped make the Golden State the most energy-efficient in the nation. But as consumers buy larger televisions and increasingly shift to digital broadcasting, "it's a huge business opportunity," said DeLucks.

Procrastinators can even sign up at the event up until 11:30 p.m. The event will last until around 1:30 p.m. Parking is free on campus.

The community tie and the unusual timing of the 5k make it worth attending, Rosen said.

"There's always 5k races people can go to, but it's rare that you'll find a race in the dark," she said. "That's really unique aspect you're not going to find anywhere else."
Obama says decision to send more soldiers to Afghanistan is weeks away

Margaret Talev

SEoul, South Korea — President Barack Obama said Wednesday that he was still weeks away from deciding how many more U.S. troops to send to Afghanistan and that he would like to fire those civilians who had leaked details of his deliberations to the news media.

“We have deliberations in the situation room for a reason; we’re making life and death decisions that affect how our troops are able to operate in a theater of war. For people to be releasing info in the course of deliberations is not appropriate,” Obama told CBS in an interview from China, one of several he did before he headed to Seoul as the last stop in a week-long trip to Asia.

Obama said the leaks were “absolutely” a firing offense, but he didn’t say whether he would try to find out who leaked, and didn’t differentiate among those who may have leaked from the White House, from the Pentagon or from other agencies. The most recent battle of leaks erupted Nov. 7, after McClatchy Newspapers reported that Obama was leaning toward sending more than 30,000 additional troops to Afghanistan.

Obama also spoke about the toll of weighing life and death decisions.

“You just don’t have a comparable set of circumstances with two wars, a financial crisis as bad as anything since 1933, a host of regional issues that have to be dealt with, a pandemic. You have a convergence of factors that have made this a difficult year, not so much for me but for the American people. And so absolutely that weighs on me, because whenever I visit Walter Reed or other military hospitals, I see the sacrifice young people are making. That is a heavy weight. But it’s an extraordinary privilege, as well, and I wouldn’t trade my job for anything.”

He stressed anew that whatever he decides, the U.S. strategy depends on an honest Afghan government winning the support and trust of its people.

“We have a vital interest in making sure that Afghanistan is sufficiently stable, that it can’t infect the entire region with violent extremism,” Obama told CNN.

“We also have to make sure that we’ve got an effective partner in Afghanistan, and that’s something that we are examining very closely and presenting some very clear benchmarks for the Afghan government.”

As he spoke, Secretary of State Hillary Clinton broke off from the talks with South Korean President Lee Myung-bak. U.S. trade balance with South Korea, in billions:

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U.S.-S. Korea trade balance

President Barack Obama is in trade talks with South Korean President Lee Myung-bak. U.S. trade balance with South Korea, in billions:

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- $8.8*

Source: U.S. Census Bureau
Graphic: Judy Treible
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South Korea
continued from page 4

presidential entourage and headed to Afghanistan, where U.S. and European officials are publicly pressing President Hamid Karzai to root out corruption.

On the economy, Obama told Fox News that he's considering new tax breaks to help businesses hire more people, but that he also worries that adding more to the national debt could send the economy into a double-dip recession.

"There may be some tax provisions that can encourage businesses to hire sooner rather than sitting on the sidelines. So we're taking a look at those," he said.

"I think it is important, though, to recognize if we keep on adding to the debt, even in the midst of this recovery, that at some point, people could lose confidence in the U.S. economy in a way that could actually lead to a double-dip recession.

After the interviews, Obama flew to South Korea, where he will tell leaders he's committed to protecting them militarily from North Korea and to expanding free trade despite his concerns about the U.S.-South Korea agreement stalled in Congress.

He also will visit American troops before wrapping up his weeklong Asia trip Thursday.

Budget
continued from page 6

They include a $1 billion partial sale of the State Compensation Insurance Fund, now under legal challenge from Insurance Commissioner Steve Poizner. They also include $800 million in transit money that lawmakers said the state could not use for general purposes.

The $20.7 billion gap could grow even larger if courts toss out a $1.7 billion shift of redevelopment funds that faces review or deem furloughs illegal.

Another reason for the looming deficit is that lawmakers relied on onetime savings, such as delaying state worker paychecks by one day from June 30 to July 1. State leaders likely will search for similar solutions to help solve the next gap.

Taylor recommended Wednesday that state lawmakers move quickly and consider not only cuts but any possible revenue sources. He specifically warned against increasing tax rates, which could further stress the economy.

Taylor suggested the state could consider ending certain tax breaks for businesses by mandating that all multi-state firms use the same method to calculate their California taxes or eliminating enterprise zones, which provides tax credits to employers in specified areas. He said benefits of the latter program are questionable.

But Michael Shum, California legislative director with the National Federation of Independent Business, said curtailing business incentives would hurt the state's economic recovery.

WORD ON THE STREET
"What is your favorite part of the Thanksgiving day feast?"

"Seeing my family and friends, I really like stuffing too." -Matt Quan, architectural engineering junior

"I definitely like stuffing and mashed potatoes. Turkey is good too." -Lana Haines, agricultural business sophomore

"Stuffing and extra gravy because it tastes like home cooking." -David Moore, physics junior

"I would probably go with mashed potatoes and gravy because I make them myself and they are the best." -Emily Morillo, architecture sophomore

"Green bean casserole and stuffing for sure because they taste really good. I like to see all my family and friends too." -Alle Harold, art and design junior

"I like broccoli and cheese casserole the best because it's so delicious." -Jason Miller, computer engineering sophomore

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California budget hole still gapes after drastic cost cuts implemented

Kevin Yamamura, Moustang Daily

SACRAMENTO, Calif. — California once again will look under sofa cushions and scrounge every sector of state government to find another $20.7 billion to balance its budget over the next 19 months.

This time, however, state leaders won't be able to reap savings from some of the state's largest spending categories.

California can't touch most funding for K-12 schools or colleges because the state is already spending close to a minimum amount required by the federal government. The state can't cut Medi-Cal health services until Jan. 2011 for the same reason. Those programs comprise more than half the state's $84.6 billion general fund budget.

"We cannot reduce these areas very much more, so that closes off a very big piece of your budget," said the comptroller Legislative Analyst Mac Taylor, who released his $20.7 billion deficit projection Wednesday.

The news brings relief to education groups, but it puts more pressure on other programs that lack federal spending requirements. State leaders likely will pursue additional cuts in prison, state parks and social service programs not associated with federal spending requirements or matching funds.

The Legislative Analyst's Office report assumes that three-fourths of state worker furloughs would end in June. But Schwarzenegger could seek to extend them further, barring the outcomes of court challenges.

Another target could be the low-cost children's health insurance program. Healthy Families California Gov. Arnold Schwarzenegger once proposed eliminating Healthy Families and did cut its funding this summer, though he and lawmakers restored coverage for 600,000 low- and middle-income children in September.

"I think we've exhausted cuts that don't shock the conscience," said Anthony Wright, executive director of Health Access California. "We need to look to other options, including raising taxes and revenues, because the cuts that are left are unforgivable, including denying children coverage."

California faces a new shortfall in part because lawmakers and Schwarzenegger relied on several revenue reserves earlier this year.

see Budget, page 5

Afghanistan's election turmoil continues in provincial races

Hal Bernton and Hashim Shukoor, Moustang Daily

MAHMUD-I-RAQI, Afghanistan — Hamid Karzai may be Afghanistan's next president — the result of ballot rigging and his opponent's withdrawal from a runoff — but Afghanistan's elections are far from over.

In the 34 provinces, legions of frustrated candidates who took part in district elections on Aug. 20 are still awaiting a final outcome. They say that the results of provincial balloting, which occurred the same day as the disputed presidential race, were skewed by insurgent violence, voter intimidation, ballot box stuffing and misconduct.

"There were people saying that if you give $20,000, we can make you a member of the council," said Abdul Wahab, a provincial councilman who in preliminary results lost his bid for re-election in Kapisa province in central Afghanistan.

The Taliban issued repeated threats on Wahab's life, and once tried to ambush him, in an effort to block his campaign. On election day, they prevented the delivery of many of the ballot boxes. No votes were recorded in Wahab's district.

Provincial candidates have filed (40) high-priority complaints — Wahab among them — with the United Nations-backed Electoral Complaints Commission, which is investigating them before issuing final results.

Because the outcome can hinge on small numbers of votes from a single district, the provincial polls are even more vulnerable to manipulation than the presidential election. The high-priority complaints — those that might alter the election outcome — span most of Afghanistan's 34 provinces.

Because Karzai appoints governors, these councils comprise the only elected politicians at the provincial level. Their powers are limited, lacking even the authority to approve or shape the budgets allocated by the central government.

Yet U.N. and NATO officials hoped these provincial elections would produce a new crop of leaders who'd become partners in the international effort to rebuild Afghanistan, and also help root out the endemic corruption in the Karzai administration.

Provincial candidates are getting impatient waiting for these final results. In Nangahar province last month, candidates who alleged widespread fraud held a news conference to call for a new provincial election and prosecution of those who stuffed the ballot boxes. They warned of protests in villages throughout the province if their demands aren't met, according to Pajwok Afghan News.

"We are treating these complaints as equally important as presidential election complaints," said Scott Worden, an American who serves on the Electoral Complaints Commission. "It is important to resolve these so that ... local governments can be seen as legitimately elected."

Many of the problems that roiled provincial elections appear to have converged in Kapisa, which is about 30 miles north of Kabul, and just east of Bagram air base, which houses the largest concentration of U.S. and other NATO troops. In one Kapisa district, election day violence shut down voting, and elsewhere, candidates allege that government officials put up walls. Four of Kapisa's six districts, including the capital city of Mahmud-i-Raqi (pictured), are considered relatively stable. But in two other districts, Tagab and Alasai, insurgents have made big gains in the past two years.

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Briefs

State
SAN LUIS OBISPO, Calif. (MCT) — An additional 6,700 doses of the H1N1 vaccine are on the way for San Luis Obispo public health officials to administer, and the vaccine should arrive in the area later this week.

Meanwhile, the county Public Health Department reports there have been 33 local hospitalizations and one death associated with the disease. It also has 154 confirmed lab samples showing the H1N1 virus in local patients, but the county department stopped doing the tests three months ago in part because the assumption now is that much of the flu in the community is H1N1 rather than the seasonal variety.

SACRAMENTO (MCT) — In a widely watched ruling that could be followed by other states, California passed first-in-the-nation energy efficiency standards for new television sets.

After two years of debate and fierce opposition from the Consumer Electronics Association, the five-member California Energy Commission unanimously voted Wednesday to require new TV sets sold in California to reduce electricity consumption 35 percent by 2011 and 49 percent by 2013.

National
DETROIT (MCT) — Michigan’s ban on racial preferences in public university admissions and government hiring was in court again Tuesday, another step closer to its assumed destination: the door step of the U.S. Supreme Court.

“I don't see how they would give up, and we're not either,” said George Washington, an attorney representing those fighting the ban.

At issue is the decision by Michigan voters in 2006 to make illegal policies like those at the University of Michigan, where officials could consider race in admissions decisions.

WASHINGTON (MCT) — West Virginia Sen. Robert Byrd has been around so long that nearly all lawmakers in Congress can remember reasons they love him — and many can recall how they once bitterly opposed him.

The veteran Democrat on Wednesday became the longest-serving member of Congress in history, as he logged day No. 20,774, surpassing the record of Arizona Democrat Carl Hayden, who served in the House of Representatives and the Senate from 1912 to 1969.

As the senior senator, Byrd, who will turn 92 on Friday, is the Senate president pro tempore and third in line for the presidency.

International
LONDON (MCT) — Britain's Labour government on Wednesday detailed a legislative agenda that includes measures to cap bankers' pay and to attack the budget deficit as the nation prepares for an election that must take place by June.

Opposition leaders branded the Queen's Speech, written by the government and delivered by Queen Elizabeth II in the House of Lords, a pre-election grandstanding.

The speech included an outline of a financial services bill, which would require banks and other financial institutions to draft "living wills" that would detail how their operations would be wound down if they were to collapse.

The measure would also give the Financial Services Authority the power to veto pay packages that it deems overly encourage risk taking.

GUANTANAMO BAY NAVY RISE, Cuba (MCT) — Guards didn't go through the prison camps Wednesday and unpin the presidential closure order from detention bulletin boards. And the detention center didn't put in an urgent call for reinforcements.

Rather, President Barack Obama's acknowledgment — in television interviews to China — that his administration would miss its Jan. 22 deadline for closure barely caused a ripple in the place slated for closure.

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— Savannah Hoekje

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Four-time Olympian talks eating disorders in ASI True Life Series

Katie Koschalk  

Chumash Auditorium was filled with chlorine-coated swimmers, complete with towed, wet hair and Cal Poly swim gear, as well as college-aged women of all shapes and sizes and a scattering of college-aged men. Amanda Beard, a seven-time Olympian gold medal winner in swimming, took the stage to share her story about struggling with bulimia Tuesday night.

Having dealt with an eating disorder for more than 12 years, Beard agreed to speak at Cal Poly to inspire others fighting eating disorders to get help.

"If anybody is struggling it makes them see that there are other people out there. It shouldn't control your whole life," she said. "I hope that people can listen to my story and see that I was able to overcome it and still achieve great things."

After polling students last spring, Michelle Crawford, the Associated Student Inc.'s (ASI) program coordinator, said that issues such as body image and eating disorders topped the list of what students wanted to learn more about. In response, Cal Poly contacted Beard to appear as a guest speaker for ASI True Life Series, a program where guest speakers talk about a variety of issues that college students can relate to.

Before this event, Beard had never publicly talked about her eating disorder.

"I haven't purposely kept it a secret from the media, I was just never asked about it. This will actually be the first time that I'm talking to the public about it so I just hope that everyone hears this," Beard said. "It'll be nice to finally get this off my chest. It's nothing for me to be embarrassed about."

Part of Beard's appeal is that students can relate to her story, Crawford said.

"Everything is very true. There is not a script. I think students typically leave feeling more educated and better about their own situation," Crawford said.

Dressed in blue jeans and a casual black and white striped long-sleeved shirt, Beard immediately created a relaxed atmosphere by removing her high heels once on stage.

Katie Koschalk
True Life
continued from page 8

"I'm a new mom and I just can't take one more newborn in these," she said. "Girls, you know what I'm talking about."

After lightening the mood and providing the audience with a brief history of her childhood, Beard jumped right into where her eating problems began.

After gaining 25 pounds and eight inches in height between ages 14 and 15, Beard participated in The Janet Evans Invitational, a swim competition in Los Angeles in 1997. Not accustomed to swimming with her new, more womanly body, Beard did not do as well as she expected. Newspaper reviews surfaced in the following weeks saying things like, "Beard is washed up, she has gained weight and she was a one-hit wonder."

"I looked in the mirror and said, 'I'm ugly, I'm fat, how is anyone going to love me?"' she said.

While Beard's issues with her body developed in her mid-teens, problems really took off when she began college at the University of Arizona in 1999.

Throwing up six to seven times a day, Beard became preoccupied with trying to hide her secret while sharing a dorm room with another girl by scouring for empty bathrooms and quickly throwing up in a garbage can when her roommate would leave the room.

"I would be throwing up just blood because my throat was so wrecked. It should have scared the crap out of me, but it didn't because being thin and pretty was my priority," she said.

Beard's swimming career also took a toll due to her eating habits. "I was exhausted 24/7. I would go to classes then train for five or six hours each day. My swimming was suffering. At that time, I didn't care as much about my swimming as I did about being thin. That just shows how sick I was," Beard said.

After college, Beard began modeling for magazines including Playboy, Maxim, FHM and Men's Health.

Beard recalled one photo shoot in particular that further escalated her bulimic tendencies. The client called Beard's agent and told him that Beard needed to lose 10 pounds in two weeks. For those fourteen days, Beard did not eat any food. Meals consisted of diet pills washed down with large mugs of black coffee. However unhealthy it might have been, it worked.

"I looked good. Nobody around me knew what I was doing to myself," Beard said.
Cal Poly music ensembles team up for Bandfest

Nicolas Ito

There was no rest for the musicians of the Cal Poly wind bands this Veteran’s Day, as they prepare for their own D-day: Bandfest 2009.

At 8 p.m. this Saturday, the two Cal Poly wind bands will be joined by the Pride of the Pacific Marching Band to perform their annual Bandfest at the Christopher Cohan Performing Arts Center.

This year’s title is “A Whirlwind of Color and Sound” and the concert will be conducted by music department professor William Johnson and Associate conductor Professor Christopher J. Woodruff.

Johnson, who founded Bandfest 43 years ago, will retire as conductor after this year’s performance.

“This is a major event in the fall season for the Cal Poly wind bands, and they have been rehearsing intensely from the very beginning of the fall quarter,” Woodruff said.

“Professional performers rehearse two or three times to perform several times,” Woodruff said. “Our bands will have rehearsed for ten weeks to perform once. They know the pieces backwards now. To perform only one time is very special.”

There are two Cal Poly wind bands: The Wind Orchestra and the Wind Ensemble, and together they are comprised of 121 students.

Bandfest is also an opportunity for the Cal Poly Marching Band to show its talent on a stage in front of a real music audience.

“It’s a better condition than to play outside,” bass trombone player and city and regional planning sophomore Alex Jacobins said. “And we get to show people that we can play music properly. We take advantage of the occasion.”

Woodruff is also pleased with the Marching Band performing on stage.

“The Marching Band is big, and strong, and the audience is going to be blown away by its energy,” Woodruff said. “It is going to be visually very interesting. They will be spinning flags, rifles, sabers. There will be a baton twirler too, but not a fire baton, because it’s dangerous.”

Every year, Bandfest has a different theme, and this year’s theme is “the sky” — as is implied by the title of the program. The Wind Bands will play titles such as “Whirlwinds” by Richard Saucedo, in which each instrument gets its own solo part, and “To Tame The Perilous Skies” by David Holinger. The audience will then be taken into space with pieces such as the “Star Trek Theme” by Jerry Goldsmith, and “Twelve Seconds To The Moon” by Robert W. Smith, a direct nod to the first historical flight by the Wright brothers which lasted 12 seconds.

“The title came afterwards, after we looked at the pieces that we chose,” Johnson said. “One of the things about Bandfest is that it is a festival. We want to provide a concert which has something for everybody, and so we have a great variety (of pieces). People won’t come back if they don’t like it, so we put in lots of consideration. With the two orchestras and the Marching Band, we have phenomenal variety.”

The Marching Band will be performing more classic pieces, such as the “Star Wars Theme” by John Williams, and the “Magic Carpet Ride” by John Kay and Steppenwolf.

“All the pieces are really full of excitement and emotions,” saxophonist and music junior Lauren Wayneczuk said. “It’s going to be great. Everyone wants to be here.”

Mechanical engineering senior Tim Ulrich said that a piece to watch (listen) out for is “To Tame The Perilous Skies.”

“It’s climatic and dramatic, and it paints a picture with the music,” he said.

“The Marching Band is always a hit,” computer engineering sophomore Paul Case said. “The audience should be leaving their hair blown back by the awesomeness.”

The professors share this confidence.

“It is the strongest group of wind and percussion students we have had since I’ve been here,” Johnson said. “High talent, high ability to learn, and high dedication. As a teacher, I can’t ask for more than that.”

Even as Bandfest approaches, the Wind Band is already looking beyond and contemplating their next challenge: a performance in the Walt Disney Concert Hall in Los Angeles. They are set to perform as part of the Los An-

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MusTAnG DAILY ARTS

Thursday, November 19, 2009

see Bandfest, page 11
True Life
continued from page 9

self-through. The worst thing that you can tell people with body issues is, 'you look great,'" she said.

Even after she dropped 10 pounds for the photo shoot, Beard was still just as self-conscious in front of the camera. "I was in a bikini and everyone was staring at me. All I could think about was, 'Oh my god. What are they looking at? Am I my love handles too big? What's wrong with me?'" she said.

She was very comfortable with herself.

"Within the first few weeks of dating, he said to me, 'What is wrong with you? You need help.' He was the first person to ever recognize what I was doing to myself! The best thing I've ever heard was that person that wanted to help me,'" she said.

Beard described days when she would be curled up around the toilet, crying hysterically because she would be getting credit for my biopsychology class. We are learning about eating disorders, body image issues and things like that," Oden said.

The enthusiastic response from the students was something to be expected as ASI decided to bring Beard to Cal Poly because she could talk about what students wanted to learn about.

"It's important to us because it's important to the students. We wanted students to become more educated about their appearance issues," Crawford said.

The overwhelming requests for those topics should not come as a surprise as many college-aged people struggle with body image issues, said Ann McDermott, director of the emerging Cal Poly Center for Obes­ity Prevention and Education and kinesiology instructor.

"It removes some of the stigma and shows people that there are others who are dealing with the same is­sues. Eating disorders are so prevalent and it's so prevalent that people wouldn't even begin to guess," McDermott said.

In a survey conducted by the Na­tional Eating Disorders Association that involved both undergraduate and graduate students, it was deter­mined that one in five people have had an eating disorder and of those people 70 percent never received help. The number one reason was cultural pressure, followed by stress, McDermott said.

"(College) is a period of time where people are very aware of their appearance. If (an eating disorder) doesn't personally affect you, chances are you know someone who it does. It's a pressure-cooker environment," McDermott said.

Although this was the first time that Beard has talked to college stu­dents, she said that she wants to keep doing this because it is a good way to reach out to people.

In one of her final lines of the night, Beard said that despite her struggle with bulimia, every bad mo­ment shaped who she has become today.

"I wouldn't change anything about my past," Beard said. "It has made me a stronger person today. I'm very comfortable with myself. I'm about 20 pounds heavier than when I'm competing, but who cares?"

If Beard could give any advice to those living with eating disorders she said it would be to learn to love your body.

"You know that saying, 'Nobody will ever love you until you love yourself.' It's creepy, but it's so true. You have to love yourself," Beard said. "Wake up every morning and feel confident and sexy. Just be the best you can be."

Amanda Beard is pictured before swimming the 200 Breaststroke at the 2004 Olympic Games in Athens, Greece.

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Public Hearing
Wednesday | December 2nd, 2009 | 8:30 am
SLO County Board of Supervisors' Chambers
1055 Monterey Street, San Luis Obispo

All requests must be submitted by December 9, 2009.

San Luis Obispo Council of Governments
Attn: Tim Gillham
1114 Marsh Street
San Luis Obispo, CA 93401

Unmet_needs@slocog.org
Phone: 805.781.1520
Fax: 805.781.5703
www.slocog.org
I have to admit that when my professors announced their furlough days this quarter, I cherished the lost class time. I saw furloughs merely as days I could sleep in and miss class without penalty. However, we all know there’s a more serious issue behind these furloughs than just gaining a blissful hour or two of extra sleep.

This year the CSU system is facing a $64.8 million cut in state funding, which amounts to a 20 percent reduction, while new applications to the CSU have increased by 53 percent. CSU Chancellor Charles B. Reed has said that the California State University system needs to drop student enrollment by as much as 40,000 to match the lack of state funding.

“You cannot see a 20 percent drop in revenue and serve the same number of students,” he said.

This week, ASI hosted Dol­lar Dilemmas to inform students about the budget crisis, and allow them to vent their frustrations. I was struck by Cal Poly students’ statements on Wednesday morn­ing when I browsed the Dollar Dilemmas table in the UC. One student wrote about worries concerning the widening gap between the rich and the poor. Another student feared he or she would not graduate on time because of the proposed cuts.

The impact of the cuts on students’ ability to attend college and graduate on time should not be underestimated. Every campus will have to decide how to allocate limited funds according to its priorities, which should, foremost, include admitting and retaining as many students as possible and ensuring required classes are offered.

At a recent press conference, Reed said, “Denying students access to higher education is just about one of the worst things you can do in this country.” He went on to say, “The state needs its graduates to enter the workforce and help the state’s economic recovery.” But, when your budget is cut so drastically, we are left with little choice but to restrict our enrollment.”

At least two underlying issues can be blamed for our current higher education budget woes. At least the straggling U.S. economy. Californians’ incomes were affect­ed by the straggling U.S. economy. Californians’ incomes were affected by the straggling U.S. economy. Californians’ incomes were affected by the straggling U.S. economy. Californians’ incomes were affected by the straggling U.S. economy. Californians’ incomes were affected by the straggling U.S. economy. Californians’ incomes were affected by the straggling U.S. economy. Californians’ incomes were affected by the straggling U.S. economy. Californians’ incomes were affected by the straggling U.S. economy. Californians’ incomes were affected by the straggling U.S. economy. Californians’ incomes were affected by the straggling U.S. economy. Californians’ incomes were affected by the straggling U.S. economy. Californians’ incomes were affected by the straggling U.S. economy. Californians’ incomes were affected by the straggling U.S. economy. Californians’ incomes were affected by the straggling U.S. economy. Californians’ incomes were affected by the straggling U.S. economy. Californians’ incomes were affected by the straggling U.S. economy. Californians’ incomes were affected by the straggling U.S. economy. Californians’ incomes were affected by the straggling U.S. economy. Californians’ incomes were affected by the straggling U.S. economy. Californians’ incomes were affected by the straggling U.S. economy. Californians’ incomes were affected by the straggling U.S. economy. Californians’ incomes were affected by the straggling U.S. economy. Californians’ incomes were affected by the straggling U.S. economy. Californians’ incomes were affected by the straggling U.S. economy. Californians’ incomes were affected by the straggling U.S. economy. Californians’ incomes were affected by the straggling U.S. economy. Californians’ incomes were affected by the straggling U.S. economy. Californians’ incomes were affected by the straggling U.S. economy. Californians’ incomes were affected by the straggling U.S. economy. Californians’ incomes were affected by the straggling U.S. economy. Californians’ incomes were affected by the straggling U.S. economy. Californians’ incomes were affected by the straggling U.S. economy. Californians’ incomes were affected by the straggling U.S. economy. Californians’ incomes were affected by the straggling U.S. economy. Californians’ incomes were affected by the straggling U.S. economy. Californians’ incomes were affected by the straggling U.S. economy.

The second is that during the budget crisis last spring, Republi­cans in the state legislature—abso­lutely refused to compromise and pass any bill that raised taxes on California’s wealthiest. This forced the legislature to rely heavily on cuts to fix the government bud­get.

But, as Reed pointed out in his statement, limiting access to the CSU or hindering students from returning to college for financial reasons hurts our economy in the future. The economy needs stu­dents to get into college, graduate and start working.

This is the legislature’s chance to make amends. The only viable solution starts with the action the Senate has to pass Assembly Bill 656, which im­poses a severance tax on oil com­panies that draw oil out of the ground. The money garnered from this tax would be used entirely to support the CSU system.

Republicans may oppose this bill because they believe it will drive away even more business from California, or because they are simply opposed to imposing a new tax. This would be a valid argu­ment if we were not discussing oil companies. Fortune 500 ranked Exxon Mobile and Chevron as the first and third most profitable compa­nies in 2009. Exxon hiked up $45.2 billion in profit and Chev­ron sliced off nearly $24 billion. I doubt they’re having any trouble sending their children to college or making sure the college their children attend offers the classes they need to graduate. They can spare a couple hundred million dollars to pay us back and help our economy.

Even democratic Gov. Arnold Schwarzenegger signed a bill that raised tuition for California residents by 10 percent last year. The only way to keep tuition at a reasonable rate is to pass Assembly Bill 656, which imposes a severance tax on oil companies. The money garnered from this tax would be used entirely to support the CSU system.

Commentary is welcome in our opinion pages. Letters should be kept under 250 words and include your name, year and major. Letters will be published at the discretion of the editor. Please send your comments or suggestions to mustangdaily@gmail.com.
PTSD stemming from earlier attacks. Now instead of receiving basic coverage for therapy or gynecological exams, some women are going without or paying out of pocket at Planned Parenthood. Doctors and nurses around the country are having to fight insurance companies on what is medically necessary. How is a rape victim to know if preventative AIDS medication, or therapy not medically necessary? Asking a victim if they are medically necessary is like asking them if they're sure the event really happened. Victims don't need to be second-guessed, they're bound to get enough of that from the defendant's attorney. The fact that women are being denied coverage based on pre-existing conditions such as PTSD stemming from a sexual assault or rape is not only and men believe that by reporting their sexual assaults to their doctor is going to result in being denied health care coverage for their therapy and rape exams, no one is going to step forward to find out if 15 of 16 rapes were sexual. What kind of message are health insurance companies sending to victims if they're going to be second-guessed, they're bound to get enough of that from the defendant's attorney. The fact that women are being denied coverage based on pre-existing conditions such as PTSD stemming from a sexual assault or rape is not only.

The United States population is just over 308 million with approximately 46.3 million people reporting to be uninsured in 2009. How many of those people are without insurance because they took AIDS medication as a precaution? Better yet, how many victims have insurance but are going without therapy because insurance companies say their treatment isn't medically necessary? We're in a recession and with the poverty rate at an 11-year high of 13.2 percent, people are penny-pinching at every opportunity. But cutting costs shouldn't be a choice in the wake of sexual assault. Victims don't need someone telling them they don't need therapy, or that they will have to pay for their own rape exam because of an assault that happened years previously. Sexual assault is one of the most under-reported crimes and victims are six times more likely to suffer from PTSD, three times more likely to suffer from depression, and four times more likely to contemplate suicide. If women, unfathomable, it's absolutely disgusting.

The United States population is just over 308 million with approximately 46.3 million people reporting to be uninsured in 2009. How many of those people are without insurance because they took AIDS medication as a precaution? Better yet, how many victims have insurance but are going without therapy because insurance companies say their treatment isn't medically necessary? We're in a recession and with the poverty rate at an 11-year high of 13.2 percent, people are penny-pinching at every opportunity. But cutting costs shouldn't be a choice in the wake of sexual assault. Victims don't need someone telling them they don't need therapy, or that they will have to pay for their own rape exam because of an assault that happened years previously. Sexual assault is one of the most under-reported crimes and victims are six times more likely to suffer from PTSD, three times more likely to suffer from depression, and four times more likely to contemplate suicide. If women, it's true. If I were to be sexually assaulted tonight, walking to my car, my first instinct would be to call the police, report it and do whatever I could to put that bastard behind bars. But if I know that by rejecting therapy or taking AIDS medication as a precaution is going to affect my chances of receiving coverage as an independent adult, what would I do? I realize that insurance companies follow the CYA philosophy to the 'T', but these denials shouldn't be occurring. All around us people are concerned with politics and money and yes, I understand that but how would you feel if your mother had to endure constant flashbacks of a man forcing himself into her because she didn't want to be penalized by her insurance policy? What if every time you went to hug her, she erupted in tears because she didn't receive the therapy she needed to overcome her trauma?

We don't have the answers to these questions and honestly, I don't have an answer on how to fix this. But I know now that women shouldn't be taking the law into their own hands and as a nation, we need to work to provide care for those victims. It's a heart-breaking story when it happens to a stranger, but it's downright maddening when it happens to someone we love.
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SLO night writers holiday party. Dec. 8th. 7p.m., 4100 Vachell Lane
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**The New York Times**

**Crossword**

Edited by Will Shortz
No. 1015

Across
1. Crushed
customers
5. The Jets retired
14. No. cruncher
16. Post-shot
17. Entrepreneur from
19. Book after
20. Union site
21. Earnest pope to
receive the title
22. ___-a-porter
23. “High...” 1941
film
25. Capital whose
name means “sheltered bay”
27. Something to
prepare for
30. Radio hit

**Answer**: __-PREVIOUS PUZZLE__

**Down**
29. Year Caligula
32. “Cone Beach”
saying
33. Relate to a
hike
34. Select the
opportunity
35. More than
trudging
36. Marketing device
37. See: 40 Across
38. Grade 12
39. Cold comfort?
40. Take show group
41. Gutters valve
42. Drop a pop-up
43. Nun’s designation
44. Uniform fabric
47. As a
49. Early tower
51. Operations division
52. Go on a marketing
job
54. Theme of this

**HARD** # 28

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Serious Inquiries ONLY.
The JaMarcus Russell era officially
was put on hold.

Raiders coach Tom Cable said
Wednesday that Bruce Gradkowski
has replaced Russell as the Raiders'
full-time starting quarterback. Russell
now is the No. 2 just ahead of Charlie
Frye.

"It was an easy decision because I
feel the responsibility for this football
team to give them the best chance to
succeed," Cable said.

Russell was unavailable for com­
ment before and after practice. He
said Sunday that he supports Cable
whether or not he is the starter.

Cable said that he has been pa­
tient with Russell, cognizant that the
Raiders start two rookie wide receiv­
ers and were without running back
Darren McFadden and left guard
Robert Gallery for a large chunk of
the season. But Cable said Russell's
inability to improve his accuracy, deci­
sion-making and game management
inconsistency in getting the ball
to his wide receivers made a change
necessary.

Gradkowski provides an upgrade
in a number of areas, Cable said.
"His leadership, his management,
understanding of what we're try­
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intangible-type things," Cable said of
Gradkowski's strengths. "(Let's) give
him a chance to get all the reps and
get out and build some chemistry with
the receivers."

Gradkowski directed the offens­
e at the beginning of practice Wednes­
day and came out today and worked hard
and did what he needed to do," Cable
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"I'm excited and we'll see what hap­
pens," Gradkowski said. "Just to get
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the intensity. Just every­
thing is a big deal. The more reps I can
get the better just as long as we can
get things rolling."

Former No. 1 overall draft JaMarcus Russell holds the second-worst passer
rating in the NFL and ranks third worst in the league in passing yardage.

Steve Corkran
SPORTS COVERAGE

The JaMarcus Russell era officially
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THIS WEEK IN CAL POLY ATHLETICS

**BASKETBALL**

Women's Basketball vs. Pepperdine
Saturday - 2 p.m.
Mott Gym

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**BASKETBALL**

Senior Night
Cal Poly vs. Cal State Northridge
Friday - 7 p.m.
Mott Gym

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**VOLLEYBALL**

Senior Night
Cal Poly vs. Cal State Northridge
Friday - 7 p.m.
Mott Gym

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**SWIMMING & DIVING**

vs. UCSB
Saturday - 11 a.m.
Anderson Aquatic Center

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**TENNIS**

Cal Poly Women's Tennis Invitational
Friday, Sat. and Sunday - All Day
Mustang Courts

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ADMISSION IS FREE FOR ALL CAL POLY STUDENTS
Webster State forced Cal Poly's potent offense into five turnovers in the first round of the FCS playoffs last year. Quarterback Jonathan Dally threw a career-high five interceptions, one turnover less than the Mustangs had all year.

Cal Poly fell to Weber 49-35 in its final game of the 2008 season. For the second consecutive year Weber State will be the final contest in the Cal Poly football season as the Mustangs (4-6) travel to take on the Wildcats (6-4) this Saturday.

Heading into the last week of the season, all postseason scenarios for the Mustangs are out the window; but the Wildcats still have a chance for a playoff spot.

"We're going to try and disrupt what they're trying to do," Walsh said at Monday's press conference. "If they think they're a playoff team, let's go beat a playoff team."

The Mustangs saw their streak of six-straight winning seasons end with a loss against South Dakota last week. The loss came despite Cal Poly's best offensive output of the season. The Mustangs posted 48 points with 533 yards of total offense in their home finale.

But, Cal Poly allowed a season high 50 points and 553 yards themselves.

The Mustangs had been undefeated at home before last week's loss and has yet to win a road game this season.

After starting the season 0-2, the Wildcats have gone 6-2 over the past eight games and remain alive in the race for an at-large playoff berth. Led by junior quarterback Cameron Higgins the Wildcats average 29 points-per-game. Higgins has passed for 2,764 yards with 24 touchdowns this season.

Leading receivers Nick Toone and Mike Phillips combined for 1,499 yards receiving. Toone was named National and Big Sky Conference Special Teams Player of the Week with his 181 all-purpose yards in a 29-7 win over Northern Arizona last week.

Leading rusher Trevyn Smith has rushed for 872 yards this season. Cal Poly's defense has struggled recently against the pass. Last week South Dakota quarterback Noah Shepard passed for 413 yards against a Mustang defense trying to get pressure on him.

"When you bring pressure you better get there," Walsh said. "Because if you don't see to fair to the players in coverage. Right now we're not getting there and I think that's making us a little gun-shy on how much we want to (blitz)."

Cal Poly surrendered three plays of 35 yards or more that ended up in scores. Since lining up against South Dakota State, the Mustangs have allowed a total of 562 points, excluding a contest against Dixie State, with a 32.4 point per game average.

"I don't think we're playing as fast on defense as we've played in the last three weeks. We've played a whole different speed than we are right now and I think that has a lot to do with the wear and tear of the season."

Offensively Cal Poly showed flashes of a very dominant passing game. Quarterback Tony Smith connected on 34 of 35 passes for 407 yards and six scores — all career highs.

His number one target last Saturday was junior wide receiver Dominique Johnson who caught 15 passes for 273 yards and a school-record five touchdowns.

"He may have the best hands that I have ever had the opportunity to be around," Walsh said. "We (challenged him) to make some plays and he made plays in the course of that game."

In the past three weeks, the Mustang rushing attack hasn't been effective as it has been during the course of most of the season.

Over the span of the past three weeks the Mustang rushing game has averaged 122 yards per game. In those games, Cal Poly has a 0-3 record. In their four wins this season Cal Poly has averaged 217 yards on the ground per game.

Weber State has allowed 151 yards per game on the ground this season.

Over the past five weeks Cal Poly has thrown for 212 yards per game. Quarterback Tony Smith has passed for 849 yards in those games.