One year after Starkey's death, cases ongoing

Megan Hassler

"You were handed a bag of alcohol and you were supposed to finish it all together. Some bags had hard alcohol, mine just had beer. "We were drinking for like an hour," Sauer said. Tom Sauer, now a business partner, won a fellow Sigma Alpha Epsilon (SAE) pledge of Carson Starkey. He attended the pledge event called "Innov Big Night" on Dec. 1, 2008, the night before Starkey died from respiratory arrest due to acute ethanol toxicity or alcohol poisoning. Starkey’s blood alcohol concentration was between 0.39 and 0.44.

"I definitely got close to him in those couple weeks," Sauer said. "I think it was a little different for me because I was a second-year I thought of it as more of a party. I didn’t feel pressured to drink."

Now, a year after the death of 18-year-old Starkey, there is a civil lawsuit, criminal charges and numerous changes to Cal Poly greek life.

Starkey’s parents, Scott and Julia Starkey, filed a civil lawsuit against the national fraternity, the local chapter at the time of Starkey’s death.

"All of the parties of the civil suit will appear in court on Jan. 26 when the judge will set a schedule for the trial," Ibrahim and Ellis said they are being charged with misdemeanor and felony charges rather than lesser penalties, under which Ibrahim and Ellis are being charged.

The water intoxication was done as part of a hazing ritual for the unrec­

ized fraternity Chi Tau. Fraternity members did not call for emergency help for over an hour.

Since Starkey’s death, the Cal Poly greek community has undergone numerous changes to Cal Poly greek life. The water intoxication was done as part of a hazing ritual for the unrec­

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Since Starkey’s death, the Cal Poly greek community has undergone numerous changes to Cal Poly greek life.

The law came as a result of the death of Matt Carrington at Chico State University in February 2005 in series of events similar to what reportedly occurred in Starkey’s case. Carrington was forced to drink water from a five-gallon jug while doing calisthenics with fans blowing on him. The water intoxication was done as part of a hazing ritual for the unrec­

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White House
continued from page 1
playing fields,” said Paul Cacaccio, Up2Us executive director, in a October press release.
Up2Us director of research and evaluation Megan Bartlett said the coalition’s goal is to ensure that every child who wants access to high school and college, “The benefits are truly endless, everywhere from keeping kids out of trouble to building character, decreasing obesity,” she said.

Cal Poly RPTA student Lynn Hutchins said sports are a crucial part of a child’s development. Hutchins has worked with children as a swim instructor and lifeguard and said the has seen children develop socially, physically and mentally to become well-rounded as a result of their involvement in sports. Hutchins played sports through high school and partly in college, which he said kept her on the right track. Her brothers stopped playing early in high school, which had a detrimental effect on their development, she said.

“Sports kept them busy and out of undesirable activities,” Hutchins said.

Greenidge’s role in Up2Us is in research. She studies everything from increases in funding for school sports to children “trying to play,” where students are charged to play in school sports. He said Up2Us is making the case of the critical nature of the situation we find ourselves in so multiple entities will come to the table and donate money. Right now, Nike and NHL are major players in sports-based youth development; Nike funded a report Greenidepress helped write on sports impact on development that will be released early next year. We’re seeing more and more interest from those who are making a great deal of money to give back. He added.

Hutchins, who is interested in public policy and community development, said Up2Us could be a “handy program” to take that grant money that enables students to become involved in the research, but the most important thing people can do is get involved with a member organization as a volunteer, he said.

Skaters
continued from page 1
skaters can be seen around campus holding and riding their boards. Nick Shephard, a horiculturist, just bought a skateboard to school but not on campus. Though he follows the law, he doesn’t agree with it. “I don’t think it should be illegal unless people are vandalizing,” he said. “I want to see more bikers coming and hanging out between people than I do skateboarders.”

There is more of a concern for people skating and doing tricks than those skating for transportation. Skateboard trucks cause property damage and mean replacement of benches, curbs and rails. 

Associate director of facility services Doug O’Reagan said property damage on campus is nowhere near the problem it used to be. “Skateboarding damage has really tapered off,” he said. “Five or six years ago it was a problem. Skate parks have made it less of one.”

When caught riding on campus the UPD will first give a warning, then citations thereafter. Violators have the option to attend a bicycle and skateboard diversion class, which will clean their arrest record. For every continuing offense, the fine was $25 for every offense. “Most people are not riding and paying the fine,” police records manager Fred Mills said. “Most people are not riding.”

When describing his pledge experience, he reiterated that there was no alcohol involved. “I definitely feel like people are a lot more cautious,” Sauser said. “I heard there was zero tolerance.”

Dudu Chi wasn’t the only fraternity to see such changes. All fraternities have adopted similar measures, which include the community changing its outlook, greater awareness of brothers, more unity and camaraderie and eradication of alcohol and hazing in all new member processes.

The changes coming from the highest levels of greek life seem to have infiltrated the individual level as well. Starkey’s death serves as a reminder of the frailty of certain events.

“People are going to have to live with the consequences,” Sauser said.

The Starkey family has also begun several projects in and around Austin, Texas, where they live. The Carson Starkey Alcohol Awareness and Education Act was unanimously passed April 30 and took effect Sept. 1. It requires Texas school districts to implement an “evidence-based alcohol awareness program” into middle school, junior high and high school curriculum. The bill was supported by the Starkey family as part of their effort to educate people about hazing and the symptoms of alcohol poisoning.

Starkey’s family also started a non-profit organization called With Us, their website, withcarson.com, features news, projects and events they are organizing, a blog, apparel, photos, information for donations and links see Starkey, page 3
WORDS ON THE STREET

"Does Cal Poly's proximity to the Men's Colony concern you after a prisoner escaped Monday night?"

"No, I got the notification and I'm going to be on campus all day. If anything happens there, I'm a lot of people around to mediate and get help.

-Lynn Guaiti, mechanical engineering senior

"I'm alright, I lock my doors and there's a lot of people and houses in San Luis Obispo, I'm not super worried."

-Brenten Jenkins, food science and nutrition senior

"No, I can see how people would be but I'm not really concerned, I feel pretty safe on campus."

-Ryan Sweeringen, recreation, parks and tourism administration junior

"I'm from here so I'm used to it, Cal Poly security is strong enough that there is no need to worry."

-David McDermott, mechanical engineering junior

"It's always a concern but I'm not worried something bad might happen; I trust the police, I would be more worried if I was at Cuesta." -Morgan Dewar, agricultural sciences freshman

"I'm going to be on campus all day. If anything happens there, I'm going to be here."

-Alec Barlow, economics senior

Pilots

continued from page 5

pilot experience may also have been contributing factors to the crash. The National Transportation Safety Board continues to investigate.

Sen. Olympia Snowe, R-Maine, called commuting "an issue that deserves immediate concern" and at called commuting "an issue that deserves immediate concern" and at called commuting "an issue that deserves immediate concern." Senator Snowe said the FAA’s rulemaking committee, which worked from July to September this year developing recommendations for the agency based on science and international standards, did not recommend any changes to current airline commuting policies. So far the FAA continues "to see that as a pilot responsibility," Gilligan said, though it is "considering additional elements" to the upcoming rules.

The committee, composed of 18 labor, industry and FAA representatives, delivered its final report to the FAA on Sept. 10.

Joe Williams, a spokesman for Peninsula Airlines, which owns Cal-Pac Air, said the company respects the right of pilots to live where they choose. "Where would you draw the line?" he said.

Industry and labor representatives struck similar themes in questioning the government’s possible intervention.

"It’s a crew member's responsibility to be rested and prepared," Gilligan said. "It is critical for the FAA to determine how long pilots can be on duty without being rested and prepared for further duty.”

-Captain John Prater, president of the Air Line Pilots Association, the leading pilot union in North America, the nation’s largest airline business contributes to pilots suddenly finding themselves with commutes of hundreds of miles because their airline has lost or gained a flight. Prater, a pilot who lives in southern Illinois, has had to commute as far as Guam, in the western Pacific Ocean, to get to work.

Still, he disagrees that the problem is a bad as lawmakers say, and said he believes businesses and unions should come together to make sure pilots are properly rested and flyers remain safe.

"I hope that no one would think of themselves as invincible, and that people would live their lives with purpose, joy and selflessness, the way Carson did," she said.

Today there will be a commemorative display to honor Starkey from 9 a.m. until midnight on the second floor of the University Union. It was organized by Greek student leaders, who will hand out green armbands for people to wear as a reminder of Starkey’s life and death. The display will also feature pictures and excerpts from the eulogy delivered at Starkey’s memorial service by his brother, Hayden Starkey.

“Never let Carson die. He is in all of us somewhere. Some part of him is in us and to just carry on with that part and never let it die.”

Hayden Starkey said at Carson’s memorial service. “Take whatever part of Carson you have and just use it for some good.”

-Extra by Jennifer Titcomb

Cal Poly thrives on love and kindness

Cal Poly thrives on love and kindness

The Annual Audit of the Associated Students, Inc. for the 2008-2009 has been completed.

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Democrats consider new stimulus at job summit

Kevin G. Hall

WASHINGTON — The nation's 10.2 percent unemployment rate gets renewed attention this week as President Barack Obama hosts a jobs summit on Thursday, a day before the Labor Department reports new job numbers that are unlikely to show significant improvement.

Obama invited academics, business and labor leaders to a White House seminar to hear their suggestions on what might spark them to begin hiring again.

Meanwhile, on Capitol Hill, there's growing Democratic support for a new "jobs bill" to provide more economic stimulus next year. Ideas for a new "jobs bill" to provide more economic stimulus next year. Ideas are discussed in six discussion groups — on green jobs, boosting small business, workforce development and training.

"The president is open to all good ideas to supplement the steps we've already taken to put Americans back to work. There are limits to what government can and should do, even during such difficult times. That is why we have invited representatives from across the private sector to discuss how we can work together to continue to spur job creation," said Jennifer Pack, a White House spokeswoman.

Two issues sure to come up are whether more stimulus spending would boost employment and whether tax cuts, credits or holidays would help spur job creation.

Princeton University economist Alan Blinder, a summit attendee and a former chairman of the Federal Reserve, supports public works programs for low-wage workers. However, he warned in a recent article against providing tax credits to employers. It would be hard, he said, to distinguish between new hiring and tax cuts.

"The job market by then may take a shot at," Zandi said. "Zandi, chief economist for Moody's Economy.com.

"Our member surveys for plans to add inventory and plans to hire are all coming in at 35-year lows. They have no reason to hire anybody because they don't have anything to do. That's why the tax credit is a silly idea," Dunkelberg said.

He said that consumer confidence, expressed in retail sales, must improve before firms consider new hiring.

"Economist Mark Zandi favors a limited tax credit: "If you wanted to give some juice to the job market towards the end of 2010, the best thing probably would be a jobs tax credit with a twist. You'd say: I've got $23 billion to spend on this — first come, first serve. You do a cash for clunkers on the tax credit," said Zandi, chief economist for Moody's Economy.com.

"Cash for clunkers provided a limited-time tax credit to consumers trading their older cars for newer, more fuel-efficient ones. Zandi's tax credit would be offered within a narrow timeframe to create both buzz and demand among employers.

"The timing may not be too bad on this. The job market by then may have stabilized a bit already, credit is now flowing more quickly," said Zandi, who also favors $75 billion in additional stimulus spending. "I think that's not an unreasonable thing to take a shot at."

The White House summit attendees include small business owners, who provide most employment nationally. There will be, however, a heavy presence of big corporations, including the top executives from Google, A & T, Qwest, FedEx, Disney, Boeing, Dow Corning and other major companies.

The nation appears to be out of recession, as shown by the 2.7 percent growth in the third quarter, a period when the largest distributions were made from the $787 billion economic stimulus bill passed in February.

Zandi and other economists think the bill's aid to states and extensions of unemployment insurance kept money circulating and preserved state and local government jobs.

Stimulus money for new construction or repair of bridges, roads and other infrastructure projects also helped.

A closer look at job losses

Jobs lost by selected sectors since the recession began: December 2007 to October 2009:

<table>
<thead>
<tr>
<th>Sector</th>
<th>Jobs Lost</th>
<th>Percent of Total</th>
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<tbody>
<tr>
<td>Construction</td>
<td>1.6 million</td>
<td>22.4 percent</td>
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<tr>
<td>Specialty contractor</td>
<td>1.5 million</td>
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<td>Manufacturing</td>
<td>2.1 million</td>
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<td>Retail</td>
<td>925,800</td>
<td>12.8 percent</td>
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<tr>
<td>Clothing, accessories</td>
<td>101,200</td>
<td>1.4 percent</td>
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<tr>
<td>Auto dealers</td>
<td>199,100</td>
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State

SAN LUIS OBISPO (MCT) — The federal Nuclear Regulatory Commission is conducting a special inspection at Diablo Canyon nuclear power plant to determine how two safety switches were misaligned, potentially impairing response in the event of a severe reactor accident.

The inspection started Monday and is expected to take several days to complete. It will be conducted by Diablo Canyon’s senior NRC resident inspector, two reactor specialists and an emergency preparedness inspector from the agency’s regional office in Arlington, Texas.

SAN DIEGO (MCT) — The U.S. Supreme Court will not review a last-ditch effort by automaker Ford to overturn an $82 million award for a San Diego woman who was left paralyzed in 1993 when a San Diego Superior Court judge determined that her son was dead. Ms. Najhar, whose son Sam Eininger was serving with the National Guard when the letter was returned in 2000, is seeking relief from damages including emotional distress, loss of income, attorneys fees and other expenses and “additional damages to be proven at trial.”

NEW YORK (MCT) — The Environmental Protection Agency said Tuesday that it will make a formal decision next year on whether to allow a 15 percent blend of ethanol in domestic gasoline, after initial tests showed that cars can run on the fuel.

The move toward raising the limit from the 10 percent blend laid out in 1978 drew praise from hard-line ethanol producers, while physicians and other critics of the U.S. military policy一向 serving in Iraq were left paralized and badly damaged government buildings, proved that al-Qaida in Iraq, which claimed responsibility, is still active and that Iraq is still porous.

TOKYO (MCT) — A new environmental tax that the government plans to introduce in April to combat global warming is raising concerns in the electricity and gas industries due to expected hikes in prices for kerosene, coal and electricity. The new “green tax” is certain to greatly affect people’s lives, the Environment Ministry’s administration tax will be a topic of hot debate at the government’s Tax Commission, which began working on the revision of fiscal 2010 tax reform Monday.

Briefs

MINNEAPOLIS (MCT) — A crisis of the U.S. military policy is used by federal courts since 1978 to allow at least 10 percent blending in the petroleum industry lauded the move toward raising the limit from the 10 percent blend laid out in 1978 as a result of receiving the letter indicating that her son was dead, Ms. Najhar suffered emotional distress with physical manifestations. Najhar, whose son Sam Eininger was serving with the National Guard in downtown Baghdad on Oct. 25, which killed at least 155 people and badly damaged government buildings, proved that al-Qaida in Iraq, which claimed responsibility, is still active and that Iraq is still porous.

International

Baghdad (MCT) — Iraq has just passed through what may be its least violent month since the U.S. invasion six and a half years ago. Political violence remains a daily occurrence, but fewer Iraqis, civilians, policemen and soldiers died in November than in any of the past 79 months, according to official figures. Two U.S. soldiers died of combat-related injuries.

Whether the relative quiet will last is anybody’s guess. A massive bombing in downtown Baghdad last Oct. 25, which killed at least 155 people highlights the need for federal rules limiting the distance pilots often have to fly to begin their work day, said Sen. Byron Dorgan, D-N.D., who heads the Commerce Committee’s aviation panel. One pilot traveled from Seattle to Newark, N.J., before the flight, the other from Taupo, Fla., both died in the crash.

You’ve got people whose work station is on the East Coast, flying from all over the country just to go to work,” Dorgan said in a hearing on Tuesday. “I’m not suggesting that people shouldn’t commute, I am suggesting that if you’re going to have this kind of substantial commuting, you better understand that you’re going to have some problems.”

Lawmakers look at pilot fatigue

Joe Markman
The Associated Press

WASHINGTON — The Federal Aviation Administration will announce new rules on pilot fatigue in January, but they likely will not include restrictions on long-distance commutes that lawmakers said Tuesday are essential to solving the problem.

The February crash of a regional Colgan Air flight in Buffalo that killed 49 people highlighted the need for federal rules limiting the distance pilots often have to fly to begin their work day, said Sen. Byron Dorgan, D-N.D., who heads the Commerce Committee’s aviation panel. One pilot traveled from Seattle to Newark, N.J., before the flight, the other from Taupo, Fla., both died in the crash.

You’ve got people whose work station is on the East Coast, flying from all over the country just to go to work,” Dorgan said in a hearing on Tuesday. “I’m not suggesting that people shouldn’t commute, I am suggesting that if you’re going to have this kind of substantial commuting, you better understand that you’re going to have some problems.”

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Another Type of Groove founder returns to the Chumash stage tonight

Jill Donovan
SPECIAL TO THE VENTURA DAILY

Buddy Wakefield is getting his groove back. The former co-founder of Another Type of Groove at Cal Poly will return to take the stage tonight for the 10th anniversary at 7:30 p.m. in Chumash Auditorium.

Wakefield founded the program with Mark Faboina, who was the director of the Multicultural Center. In order to celebrate the anniversary, Wakefield will once again perform, now as a successful poet both nationally and abroad.

Wakefield was working at a biomedical firm before he quit in 2001 to pursue his passion in slam poetry. He sold or gave away most of his possessions and lived out of his Honda Civic for several years, touring North American poetry venues full-time.

Wakefield won the Individual Poetry Slam Championship in both 2004 and 2005. The championship is a world renowned competition held annually in Berkeley. Almost 100 selected poets representing various poetry slam venues meet for three days of competition to select an annual winner.

Wakefield is now signed with Am D'France's Righteous Babe Records to publish his latest album of poetry, titled 'Live at the Typer Canyon.' He claims Seattle as home when he is not on tour. Some at Cal Poly are already acquainted with his work and sense of style.

"His work tends to be very humorous and is approachable to many types of people," said Melody Shirani, Multicultural Center assistant coordinator.

This month's Another Type of Groove will be presented as one 45-minute section with an open mic session before and after.

"This humorous poetry will be a fun way to end this stressful quarter," Shirani said.

Feminism underscores plot in "HERmione"

Reading Between the Lines
Melinda Truelsen

"Words went round, had odd ways of falling off, following out, full sail. If she could have gone to Point Pleasant, listened to the sea, everything would come right.

Fall is my favorite time of year. Friends, family, great food and, if you're lucky, a warm fire and a good book to cuddle up with on those foggy, dreary days. On days like these, I like to go back to some of my favorites, classics I will never get tired of reading. This year the book that has taken up residence on my oversized armchair by the window is H.D.'s "HERmione."

Written in 1927 but not published until 1981, this is the first of three semi-autobiographical novels by imagist poet Hilda Doolittle (who normally wrote, and is most commonly known as, H.D.). Though she is not a very widely known author, her work is nonetheless significant. As one of the few female authors of the modernist era, H.D.'s work is significantly important in creating an identity for women both as authors and characters. "HERmione" is not only a significant work in literature, but it is also beautifully written and idealistic.

Since this is a semi-autobiographical, the protagonist is based on the author. The protagonist's name in the novel is Hermione Gurt, though, as the title suggests, she is mostly referred to by her nickname, Her. When it is an accident that H.D., an early feminist writer, gave her protagonist a nickname that defined her merely as a proun noun rather than an independent subject? Probably not.

What is more important though is simply her nickname, how Hermione Gurt is able to move past her status as a secondary subject and take full agency over her own life. Though not an easy transition, it is a fascinating one that consumes your attention for the entirety of the novel.

Her Gurt is a young girl in her early 20s who is at her family home in Pennsylvania shortly after falling out of Bryn Mawr (a women's college on the East Coast). At school, she was learning math in an attempt to please her family and prove herself some-how. But after failing to understand a certain concept, she seemingly gives up.

Why would she just give up and go home? The answer isn't easy; in fact, the struggle to answer this question drives the development of this novel. While searching for self-discovery and self-definition, Hermione Gurt reflects on her relationships with her friends and family. She also develops romantic relationships in the course of the novel — some which might surprise a more conservative reader. One of her relationships is with George Lowndes, who is assumed to be representative of H.D.'s real relationship with poet Ezra Pound.

Though this isn't a plot-driven novel, what really drives it are the ideas you find hidden within H.D.'s beautiful use of language. Her attention to detail and the way that she is able to seamlessly create all the supporting details for this life-changing transition is impeccable. Written in the stream of consciousness style, this novel tends to be kind of confusing at times, but the moments of confusion are worth it in the end.

These confusing moments are actually what keep bringing me back to this novel; every time I read it I find something new, a new metaphor that I hadn't noticed or a different turn of phrase that stays with me. H.D. is remarkably successful in creating an extraordinary story out of a seemingly normal life, and giving agency and voice to generations of female writers all while setting a high standard for writers to follow.

"I have tasted words, I have seen them... Words may be my heritage and words I will prove myself.

Melinda Truelsen is a literature graduate student and Morning Daily book columnist.
Movie Column

Moverman finds success with "The Messenger"

I personally couldn't imagine how difficult it must be to cope with the mental hardships of having to walk up to the house of a total stranger and inform them that their child or spouse has been killed in combat. Most individuals already know what has happened before words are spoken, because seeing those two men in uniform is enough. Everyone takes the news a different way. Some become violent, others simply yell and cry and some se nothing. Filmmaker Oren Moverman's "The Messenger" is a brilliantly written, directed and acted tear-jerking drama about two soldiers with this job.

One of them, who has grown accustomed to his job, is Capt. Tony Stone, who has never fought in a war, and seems extremely comfortable and confident with his position. Stone, who is just starting out with Stone has usually appeared as impressive, hardened individuals like the crazed drug addict from "Alpha Dog" and heartless killer Charlie Prince in the magnificent western "3:10 to Yuma." While his character in this film is certainly no softy, it is nice to see Foster reinvent himself in such a satisfactory and vulnerable role. The two actors together create characters that, despite their disagreements and differing life experiences, obviously do care for and almost need each other.

As the film progresses, our protag- onists meet Olivia, a widow whose husband has recently been killed in action. Olivia is portrayed powerfully by Oscar favorite British actress Samantha Morton ("In America," "Memento Report"). Montgomery seems to be drawn to Olivia's anguish, even more so than anyone else he has met throughout the story. Soon a delicate, hesitant romance slowly begins to develop between them in a series of heartfelt scenes that tell us a lot about these two characters with very little dialogue and excellent directing.

"The Messenger" is the directorial debut of Oren Moverman, previously successful as the screenwriter for the edge Bob Dylan biopic "I'm Not There." Being a veteran of the Israeli military himself, Moverman is probably no stranger to the torment of war. This is a very personal and emotional film that does an excellent job at balancing out sadness and depression with segments of love and affection.

I personally would like to see all three of the film's main actors nominated in the upcoming Oscars. Foster in particular delivers a performance so profound and honest that it is difficult to remember at times that he is not actually a war veteran.

The Messenger (2009)

Director: Oren Moverman

Starring: Ben Foster, Woody Harrelson, Samantha Morton, Jena Malone, Steve Buscemi

Woody Harrelson (left) and Ben Foster star in "The Messenger," a drama that follows two soldiers responsible for informing families that their loved one was killed at war.

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Organic or overpriced?

During my most recent trip to Ralph’s grocery store, I found myself standing in the production section debating which variety of apple to select. Some of the Gala Apples boasted a United States Department of Agriculture (USDA) Certified Organic sticker and had a price tag listing of $2.29 per pound. The others simply labeled “Gala Apples” had no indication of being organic and cost $0.49 per pound.

I found myself wondering: Is buying the organic option worth the extra money? It seems that every food now comes in an “organic” variety, from spaghetti sauce to every food now comes in an “organic” variety, from spaghetti sauce to pesticides, fertilizers made with synthetic ingredients or sewage sludge, bioremediating or ionizing radiation.”

How much more does it cost to go organic?

I went into a local grocery store with a small list of things I typically buy on a weekly basis.

Here are a few of the 10 items I compared:

<table>
<thead>
<tr>
<th>Product</th>
<th>Non-organic Price</th>
<th>Organic Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grade AA eggs (12 eggs)</td>
<td>$2.99</td>
<td>$4.99</td>
</tr>
<tr>
<td>Milk (half gallon)</td>
<td>$1.99</td>
<td>$4.79</td>
</tr>
<tr>
<td>Gala Apples (1 pound)</td>
<td>$0.49</td>
<td>$2.29</td>
</tr>
<tr>
<td>Ragú pasta sauce (10 oz.)</td>
<td>$2.63</td>
<td>$3.99</td>
</tr>
</tbody>
</table>

Based on this list, the difference in price for non-organic vs. organic was $13.66 or a 38 percent increase. The food items I looked at are just a portion of what I usually buy each week. I generally spend about $80 per week on groceries, which if increased by 38 percent would be about a $46 increase. In a year, I could potentially be spending about $2,600 more on groceries by switching to a completely organic diet.

Is it worth the extra cost?

Rob Rutherford, a Cal Poly professor of animal science, describes why he chooses to buy organic food.

“Health is a condition of homeostasis. There is a balance of all the microorganisms in the soil. If we do something to destroy the balance of the soil, we are destroying the balance of food and the balance of us,” Rutherford said.

His reasoning for this all goes back to a quote that says that human kind owes its existence to the fact that there is six inches of soil and the fact that it rains. These natural phenomena should not be tampered with, he said.

While Rutherford might think that using pesticides destroys the natural balance of nature, some studies show that eating organic vs. non-organic does not show any drastic differences.

In a study published in the American Journal of Clinical Nutrition, it was determined that there were a small number of differences in nutrition between organic and conventionally produced food but not large enough to be of any public health relevance.

What should you buy?

Another study, published by the USDA, found that if deciding to go on a partial organic diet, a few food items should always be bought organic due to consistently higher levels of pesticide residue in their conventionally grown counterparts.

Based on an analysis of more than 100,000 government pesticide test results, researchers at the Environmental Working Group (EWG), a research and advocacy organization based in Washington, D.C., have developed the “Dirty Dozen” fruits and vegetables: apples, cherries, grapes, nectarines, peaches, pears, raspberries, strawberries, bell peppers, celery, potatoes and spinach. The “Dirty Dozen” all have a very thin skin, which makes it easier for pesticides to seep in.

As organic foods gain popularity, I think prices will decrease. For the time being, however, I plan to buy based on what research has discovered by buying the “Dirty Dozen” produce organically whenever possible, and sticking to conventionally produced foods when it comes to processed food to save some cash. In the long run, I would like to add more organic foods to my diet when my budget allows, not just for the potential benefits on my health, but also for better organic farming has on the environment.

Katie Kozicki is a journalism senior and Mustang Daily reporter.
Florida State head coach Bobby Bowden has decided to retire as head coach of the storied Seminole program, Tuesday morning, following his 44-year career at the reigns of Florida State's football program.

"We're going to be happy," Bowden said. "I've got to go get a job. I ain't got a job in 55 years." Bowden, who turned 81 last month, joked that he'd "be pulling so hard I'd get a job."

"It's unclear whether Bowden might remain at Florida State in an ambassador role. Bowden, who had a job in 55 years," Bowden said about himself and his family. "Now, you know I have to go out and get a job! Can you believe that? I've got to go get a job. I ain't had a job in 55 years."

Weber said before the home opener, "I was a kid who was going to do, you know?" Bowden said. "And now, I had to do anything I can to help him and Florida State. I'll just be pulling so hard for Florida State, especially those boys next year."

For Further Information Call: The Law Offices of Kirk Endres 805.440.9363 bond007@justice.com

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The Mustangs have posted an undefeated record through two contests against Cal State Fullerton and Missouri.

In Early Period Recruiting, Mustangs have posted an undefeated record through two contests against Cal State Fullerton and Missouri.

...and low'a State, Penn State and C'lass Rankings, InterMat lists Iowa of the collegiate wrestling land-placewinners. of state champions and three state among the best classes of the early period was the NC’AA individual nation
...and national championships to the ...in duals against Cal State Fullerton...and Missouri so far this sea

...the NC’AA individual nation-mustangs to finish sixth in the Pacific-10 championships a year ago, Cal Poly has posted a 2-0 record in duals against Cal State Fullerton and Missouri so far this season.

"We’re a year older," Azevedo said at Monday’s press conference. "Nobody wants to experience what happened last year...Hard work and commitment is what’s (turning this season) around."

With the aspect of experience, coming recruits. A new class of athletes, Azevedo said. "We're very pleased with our start." Azevedo said.

Cal Poly's 2009 class of five recruits, announced two weeks ago, has been judged as the sixth best in the nation by InterMat.

"The Cal Poly program is not one usually seen toward the top of the collegiate wrestling landscape or the recruiting rankings," according to a release by InterMat on its Web site. "However, this class of five wrestlers — four of them ranked inside the Top 100 recruits for the Class of 2010 — is clearly among the best classes of the early period."

This season, first-year assistant coach Mark Perry joins the Mustangs. Perry spent the past year as an assistant coach at Penn State and was the NCAA individual national champion for two consecutive years (07-08) while propelling the Iowa Hawkeyes to a team championship in 2008.

"Mark is very personable," Mark Perry joins the Mustangs. Perry spent the past year as an assistant coach at Penn State and was the NCAA individual national champion for two consecutive years (07-08) while propelling the Iowa Hawkeyes to a team championship in 2008.

...and national championships to the Pacific-10.

As the spring signing period approaches, Azevedo, a wrestler who didn't suit last year because of a redshirt. Others include Steven Vasquez (165) and Nick Fisher (149), who both redshirted last year.

"Overall, we were very pleased (with our start)," Azevedo said. "The guys have competed very hard."

Even with the undefeated season, Azevedo sees room for improvement. "It can get better, but you're always looking to get better," Azevedo said.

The Mustangs were idle last weekend for Thanksgiving and return to action Friday and Saturday at the 28th Annual Cliff Keen Las Vegas Collegiate Invitational at the Star of the Desert Arena in Primm, Nevada.

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"Mark is pretty personable," Perry said of the incoming recruits. "He has met the expectations for the futures of their in-coming recruits."

"Coach Azevedo and I are very pleased with how our early signing period class has turned out. These five student-athletes have the mind-set and attitude we want in every one of our athletes," Perry said. "They want to be NCAA champios and they want team titles."

Azevedo and Perry hope their early recruitment class will strengthen the Mustangs’ hopes at reaching the top of the Pac-10. "As the spring signing period is just around the corner, we are at work looking to sign guys who will make an immediate impact on the program," Perry said. "The Cal Poly wrestling staff is working very hard in all areas to bring Pac-10 and national championships to the West."

In InterMat’s high school weight class rankings, Delgado is No. 5 at 139, Armstrong is No. 10 at 140, Meulman is No. 7 at 283, Gal­...who were designated the university’s university source; either retire or retire in a reduced role in order to keep Florida State's football program on track.

Bowden’s confirmation puts an end to a whirlwind of speculation that had surrounded his future since reports leaked on Monday night that he’ll be retiring. Bowden, who was Florida State’s coach in 1976 and led the Seminoles to national championships in 1993 and 1999, did not make himself available to reporters on Tuesday.

During an interview on Tuesday with the university’s sports information department, Bowden said, "Next year, I'm gone, yes. That's it. I've had some wonderful years here at Florida State, you know it. Hadn't done as good a job last as I wish I could have, but I've had wonderful years. No regrets." Bowden’s retirement comes days after Florida State ended the regular season 6-6 following a humilitating

51-10 defeat at No. 1 Florida. As recently as Sunday afternoon, Bowden expressed his desire to return for another season as FSU’s coach.

But during a meeting on Monday morning with Florida State president T.K. Wetherell and FSU athletic director Randy Spatzman, Bowden was presented with two options: to retire or retire in a reduced role in order to keep Florida State's football program on track.

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