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Concrete floats on water for annual engineering competition at Cal Poly

Rhiamon Montgomery

Cal Poly civil engineering students are building a concrete canoe for the American Society of Civil Engineers (ASCE) annual national competition using sustainability practices. This year, the event will be hosted by the university’s Society of Civil Engineers (SCE) student chapter on Lopez Lake in June. A concrete canoe may seem like an oxymoron, but engineering students will use their knowledge to make a sinking ship float. A previous paddler and member of the hosting committee this year, civil engineering graduate student Gary Welling said he often gets strange looks from people when he tells them about the boat.

“They say it sounds more like a concrete submarine,” Welling said. Welling said the canoe can make a 100-meter round-trip in one minute and 10 seconds, and the ingenuity comes from using materials in the concrete mix that weigh less than water.

The combination of materials used in the mixing process includes cement, the “sticky-stuff” that binds concrete together and has a negative cement, the “sticky-stuff” that binds concrete together and has a negative footprint because it catches carbon in the air. Welling said.

“Cement is normally made up of sand and rocks, but for this project they use glass and coal. He said this is important for the focus of sustainability in the competition.

“This is cool stuff in construction and (cement) mixing that isn’t common,” Stone said.

The team’s canoe is made up of 70 percent recycled product. The design process includes using thermal imaging to look at the mixture. Project manager and civil engineering senior Stefanie Stone said they weren’t willing to go into detail about their design analysis before the competition.

The team used Kinchen-Aid mixers to make small batches of concrete that are placed in the mold for the canoe. The boat from last year weighed 245 pounds and was 20 feet long.

Marshall said this year he hopes the new canoe will weigh 80-90 pounds less by race time to increase the speed. He said they picked a theme this year they hope will stand out. Mix-design captain and civil engineering senior Stefanie Gille said they picked an Amazon theme for the vibrant colors and for the name.

“Amazona” is the Spanish word for ‘destroyer of boats,” Gille said. The materials (including water used from rain collected during the last few storms), design, aesthetics, presentation and race events are all used to determine the winner of the nationals, Marshall said.

The ASCE competition brings 25 universities together to race the concrete boats built from start to finish by engineering students across the country. The society sets the rules for the contest and specifications for the canoes. Stone said they received an 80-page rule book in September that included the basic dimensions for the canoe.

The event brings students together through the university chapter to use skills they’ve learned, Welling said.

Last June, Cal Poly SCE placed third at the competition held at the University of Alabama at Tuscaloosa. This year is the first time Cal Poly will host the competition. Marshall said they want to use that as an advantage.

“We’re excited to defend the house on home turf,” he said.

The Cal Poly team has made the top five at nationals for the past four years, the only school to do so. The biggest competitors the team is looking at this year are University of California, Berkeley and University of Florida, Stone said. Berkeley beat Cal Poly in Alabama last year, taking first place. Schools qualify for the competition by winning regional events, and the Cal Poly team has that down to a science.

The student chapter has placed first in 13 of the past 15 years at regional competitions, including last year’s held at the University of Hawaii, Manoa. This year’s contest will be held at the University of Nevada, Las Vegas.

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The Pacific Southwest Regional Conference pits Cal Poly against schools like the University of California, Los Angeles, Cal Poly Pomona, the University of Arizona, the University of Nevada, Las Vegas and the University of Hawaii.

They will race against 15 schools on Lake Mead in Nevada in hopes of competing at nationals on Lopez Lake.

The national races will be held June 17-19 and include a presentation of each team’s design and building process. The races held include a 500-meter straightaway, men’s and women’s endurance slaloms and several sprints, Welling said.

“The most exciting is the top five race when you can’t tell who is where because that’s close,” Welling said.

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Girls close math gap with boys, stay far ahead in reading performance

Amy Hetzner
Scholes Journalism Fellow

MILWAUKEE — Girls have bridged the gap with boys and now perform as well on state math tests, but boys consistently trail girls on state reading tests, sometimes by dramatic margins, according to a national report released March 16.

Jack Jennings, president and chief executive officer of the Washington, D.C.-based Center on Education, which produced the report, raised concerns about what the findings mean about the education of American males.

"In no state in the country are boys doing better than girls in reading at the elementary, middle or high school level," he said. "It is a clear and unmistakable trend."

The report examined math and reading tests given in all states between 2002 and 2008. Only those states that had given comparable tests for three years in a row, including the 2007-08 school year, were included in the report, which equalled 45 to 48 states at each grade level.

Researchers focused on differences in performance — both in actual scores as well as by proficiency levels — between the genders at the fourth, eighth and 10th or 11th grades.

What they found was girls were doing as well or almost as well as boys on state math tests as boys, in an area where females once had lagged far behind their male counterparts. Boys, on the other hand, routinely performed worse than girls on their states’ reading tests, by more than 10 percentage points on proficiency measures at the elementary level in six states.

“These data are new and are extremely important and need to be taken seriously,” said Susan Neuman, a professor in education studies at the University of Michigan and former assistant secretary in the U.S. Department of Education.

Neuman pointed out that historical studies into differences between girls and boys' reading performance found that, while boys would start reading at older ages, they were able to catch up and even pass girls by the fourth grade.

The shift in reading performance raises questions about classroom changes that have taken place over time, she said. She pointed to an emphasis on storybook-type reading and a reduction in physical activity in elementary schools as two factors that could disadvantage boys, who tend to like to read more non-fiction and have energy that needs to be channeled into exploratory activities.

“I think we need to re-evaluate our curricula, re-evaluate how we are managing our classrooms,” Neuman said.

Janice Kopfer, director of the learning center at Marquette University High School, said more attention also needs to be paid to the different type of reading comprehension expected at the secondary level than is taught when students are first trying to master the basics of learning in elementary school.

“As a school we’re seeing this as something we need to address,” Kopfer said of her all-boys school in Milwaukee. “We’re finding that just helping out at the lower level doesn’t guarantee that the students are going to be successful at the upper level.”

But Janet Hyde, a professor of psychology and women's studies at the University of Wisconsin, Madison, cautioned against making curricular changes because of perceptions about gender differences. She has been critical about the move to create separate gender classes and schools based on such beliefs.

And she also said it’s not time to stop worrying about the girls. Even though girls have caught up to boys in math performance, something that Hyde and her colleagues have reported in scientific articles, stereotypes that women can’t succeed in math and scientific fields continue to hold them back from entering careers such as engineering, she said.

“We can’t declare a job well done until we change the attitudes as well as the performance,” she said.
Reports of sexual assault in military rose at least 11 percent last year

Nancy A. Youssef

WASHINGTON — The number of sexual assaults reported in the U.S. military rose 11 percent last year, the Defense Department said earlier this month, but Pentagon officials conceded that they still don't know how common sexual assaults are because many troops fear retribution if the attacks come to the attention of their commanders.

Despite the suspected underreporting, sexual assault is more common in the military than it is among the civilian population, the report suggests — two for every 1,000 service members, versus 1.8 per 1,000 civilian women and one per 1,000 civilian men, according to statistics compiled by the Family Violence Prevention Fund.

During the past year, the Defense Department has campaigned to encourage victims of sexual assault to come forward, and officials said they think that effort led to the increase.

"Our goal was to get more people to report" assaults, said Kaye Whitley, the director of the Defense Department's sexual assault prevention and response office, which compiled the report.

Whitley said having a more accurate picture of sexual assaults is needed so that her office can offer programs both to discourage assaults and respond to them. "We use the numbers to design programs," she said.

Women in the military, in particular, are reluctant to come forward for fear of appearing weak or being ostracized for reporting a fellow soldier, Pentagon officials say. Many women also complain that they've been accused of being gay under the military's "Don't Ask, Don't Tell" policy after rebuffing unwanted advances from their male colleagues.

Since 2005, the military has tried to overcome that reluctance by creating two categories of reporting. So-called "unrestricted" cases are reported to the victim's superiors and an investigation is launched. In "restricted" cases, the victim's commanders aren't notified and there's no further investigation, but the victim can receive medical and mental health care.

Both categories rose in 2009, the Pentagon's report showed — with restricted reports numbering 837 in 2009, compared with 753 in 2008. Unrestricted reports rose to 2,516 from 2,258.

Of the unrestricted reports, 2,061 involved men assaulting women, up more than 10 percent from 1,864 in 2008.

The number of men reporting assaults by other men also rose, to 173 in 2009 from 123 in 2008, a 40 percent increase. There was a single report of a woman being assaulted by a woman; there was none in 2008. Fifteen — one man and 14 women — reported they didn't know their assailant's gender; there were no such reports in 2008.

The biggest spike came in the number of men reporting assaults by women. In 2008, there were only two such reports; in 2009, there were 13.

Assaults in Iraq and Afghanistan accounted for 6.7 percent of all reported sexual assaults. In Iraq, the number of reports rose to 173 from 123 a year ago. In Afghanistan, there were 41 reported assaults, up from 22 in 2008.

The reports said victims and assailants are generally under age 35 and aren't officers. The average victim's age is between 20 and 24, the report said.

The military recognizes eight categories of sexual assault: attempts to commit offenses, sexual contact, abusive sexual contact, aggravated sexual contact, indecent assault, non-consensual sodomy, aggravated sexual assault, and rape. The report didn't provide a breakdown of the cases by category, however.
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The Cal Poly Orfalea College of Business has moved up on Business Week's rankings of top undergraduate business colleges in the country. The college was bumped up to No. 64 this year from No. 70 last year.

One of only two public universities in California, Cal Poly and the University of California, Berkeley joined three other private California colleges: University of Southern California (No. 24), University of San Diego (No. 28) and Santa Clara University (No. 39).

Cal Poly's Orfalea College of Business competitors, UC Berkeley — which defended its No. 6 rank from last year — and Santa Clara who dropped a few notches from No. 32, have much stronger MBA feeder school rankings. The feeder ranking depends on the amount of students who defer from UC Berkeley and Santa Clara and are admitted to top 25 elite graduate business programs like Stanford University and University of California, Los Angeles.

Orfalea was also graded on specific criteria regarding the quality of its program. It gained a 'B' for teaching quality, a 'C' for facilities and services and a 'B' for job placement.

Many top undergraduate programs struggled to find jobs for their graduates this year, but employees tend to favor Cal Poly. What stamps Dave Christy, dean of the Orfalea College of Business, is who his program earned a recruiter survey no. 11 rank, but a student survey ranking at no. 83.

"The extreme variance between the two causes me to conclude that students are somehow dissatisfied with some element of the program," Christy said. "It appears they are lukewarm."

A big part of the ranking process depends on student surveys that graduating seniors fill out on what you make of them.

Gabel said she is dissatisfied with the college of business' lack of sustainability and corporate responsibility programs. Furthermore, she said she believes competing with a changing business environment, like the shift technology has taken, will make transitioning into grad programs more difficult because she doesn't see Cal Poly making the effort unlike other competitive schools.

"A lot of this stems from students comparing (us) to other programs. If you're comparing USC to Cal Poly, it's not a fair comparison. "

—Dave Christy
Orfalea College of Business Dean

A lot of this stems from students comparing to other programs... If you're comparing USC to Cal Poly, it's not a fair comparison.

—Dave Christy
Orfalea College of Business Dean

A lot of this stems from students comparing (us) to other programs. "If you're comparing USC to Cal Poly, it's not a fair comparison. USC is a private school and has much more money. Parents are the ones more focused on the rankings than students are."

But regardless of what parents think of rankings, students are the ones attending classes and filling out the surveys.

"If you are in finance or marketing, you come out with a solid skill set, but I'm interested in small business entrepreneurship. "

Gabel said. "I look at my four-year degree as irrelevant to what I want to pursue."

when news breaks... we've got it covered

mustangdaily.net
Bald eagles make a big comeback

A bald eagle watches over a marsh at the Tulelake National Wildlife Refuge.

Bald eagles are an amazing comeback story; 40 years ago, the species was nearly extinct. Today, bald eagles have experienced a turnaround.

Each winter near the California-Oregon border, the largest gathering of bald eagles in the continental United States takes place. The Klamath Basin comes alive when hundreds of thousands of migratory waterfowl and hundreds of bald eagles settle in the area to hunt and feed. The eagles are a sight: Full-grown adults can weigh 14 pounds, with wingspans reaching 9 feet.

In 1963, only 417 nesting eagle pairs were counted in the United States, according to the U.S. Fish and Wildlife Service. By comparison, as many as 180,000 nesting eagles thrived in 1782, when the species was adopted as a national symbol.

Hunting and loss of habitat were blamed for initial population declines, and the federal government reacted by creating the Bald Eagle Protection Act of 1940. The possession, selling and killing of the species were prohibited, yet the population continued to dwindle until the 1960s. The use of the pesticide DDT was a major factor. Chemical runoff contaminated the fish eaten by the eagles. The eagles' eggshells were weakened to the point that the shells broke during incubation, or the young failed to hatch.

That was the beginning of an American success story. The Fish and Wildlife Service created partnerships with organizations such as the San Francisco Zoo and the Institute for Wildlife Studies. A plan was launched to reintroduce the species to areas of the state where the bird had disappeared. Over 22 years, 103 eagle chicks were hatched and released through a captive breeding program.

Now, 200 pairs of nesting bald eagles reside in California, with about 9,789 pairs in the Lower 48 states. In 2007, the raptors were removed from the threatened and endangered species lists, though bald eagles in Arizona's Sonoran desert — considered a distinct population — are listed as threatened.

At Klamath Basin, the eagles start arriving in November and stay in large numbers until March, but the population peaks in January.
Eagles continued from page 10

and February, when from 300 to 1,000 gather, said Dave Menke of the Fish and Wildlife Service. The eagles come from California, the West and as far as the Northwest Territories of Canada.

The number of tourists to the refuges and the Klamath Basin swells during the Presidents Day weekend and the annual Winter Wings Festival, sponsored in February each year by the Klamath Basin Audubon Society.

For the past 24 years, Fran McDermott has been leading trips to the Klamath Basin to watch the eagles.

“They’re a charismatic species,” said McDermott, of San Leandro, Calif. “They have a long and storied history in this country, from being named the national symbol, to the DDT era, when they were almost wiped out, to a very successful recovery. The bald eagle attracts people.”

During Presidents Day weekend last month, dozens of cars lined the dirt road leading to the Bear Valley National Wildlife Refuge in Oregon. Bird-watchers poured out of a school bus. More than 50 people stood in the early morning darkness, bundled up from the cold, binoculars in hand. They came to watch the bald eagles leave their nighttime roosting homes among old-growth ponderosa pines and Douglas fir.

As the sun crept over the horizons, making eagles’ silhouettes visible in the sky, bird-watchers shouted the location of more than 100 eagles leaving the Bear Valley refuge. They soared over the snow-capped hills and down to the flooded farm fields and refuge marshes in the basin.

Fields used for growing hay and cattle grazing in the summer months are flooded in winter, attracting large groups of geese and other migrating birds. Bald eagles settle into the fields to feed. Across the road from the Lower Klamath refuge, more than 30 bald eagles sit in a newly flooded field with thousands of waterfowl.

Their prey is not geese or ducks, but mice and other rodents. A dark-colored juvenile eagle grabs a mouse and sits on a dry plot of ground to pull apart its catch. A raven runs up and pulls on the eagle’s tail feathers, trying to distract it long enough to steal a bite to eat.

Menke, of the Fish and Wildlife Service, said bald eagles are opportunistic feeders by nature, and rodents in flooded fields have been prevalent this year. When there is a waterfall die-off, eagles will dine on dead geese or ducks.

Just over the Oregon border, McDermott’s group of 18 bird-watchers lines the side of Township Road, looking at a field full of bald eagles.

“Pretty cool,” said Phil Henry, of Orinda, Calif. “You can see six or eight together of different ages.”

That’s what McDermott enjoys about leading the groups.

“They were saying they could stay here all day and just watch the field for hours and hours,” McDermott said. “The people were just listening to the geese, watching the bald eagles. It’s just magical.”
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"On the Road to Avila Beach"

**State**

SAN LUIS OBISPO (MCT) — Three men charged with two separate armed-robberies of Cal Poly students in January entered no contest pleas to robbery and grand theft on Tuesday.

Steven Randy Medina, 23, of Arroyo Grande and Taliban resident Alejandro Andrus, 23, and Moses Isaac Peralta, 22, are expected to spend a year in county jail based on their pleas. Police arrested the men in the early morning hours of Jan. 16 on suspicion of beating and robbing two Cal Poly students, according to a San Luis Obispo Police Department report.

LOS ANGELES (MCT) — Students at an elite Los Angeles private school who posted death threats and anti-gay messages on the Internet site of a 15-year-old classmate can’t claim the constitutional protection of free speech, a California appeals court has ruled.

The parents of the boy targeted by the threatening and derogatory posts on his Web site withdrew him from Harvard-Westlake School and moved to Northern California to protect him from classmates who had incorrectly labeled him as gay and pronounced him "wanted dead or alive," the boy’s father said in a lawsuit brought against six students and their parents.

**National**

SEATTLE (MCT) — An animal rights organization, In Defense of Animals, has filed a complaint with the U.S. Department of Agriculture charging that the elephant breeding program at Seattle’s Woodland Park Zoo violates the federal Animal Welfare Act.

The complaint, filed Wednesday, comes after the zoo announced it had artificially inseminated an elephant Chai. Conservation has rapped for years about the elephants’ lack of space and their living conditions in captivity. After Hanako’s death, animal advocates called for the zoo to stop breeding elephants.

**International**

IRAQ (MCT) — With Prime Minister Nouri al-Maliki and his faction locked in a dead heat with its secular rival Iyad Allawi’s slate, the country’s election results could well exacerbate sectarian divisions and place the country in the hands of a leader with strong authoritarian tendencies, according to politicians, U.S. military officers and Western officials.

Al-Maliki and his Shi’ite religious Da’wa party want to maintain their grip on power; Allawi, a onetime premier, is determined to seize back his old job.

IRELAND (MCT) — The head of the Catholic Church in Ireland apologized Wednesday for failing to send police 35 years ago about an abusive priest who went on to molest more children before being convicted and imprisoned.

Amid calls for his resignation, Cardinal Sean Brady expressed regret for his part in a 1975 case in which the church asked two boys to sign oaths of secrecy after they complained of being sexually abused.

The offending priest, Brendan Smyth, was transferred from parish to parish, where he victimized more children. Brady told worshippers at a parish, where he victimized more children, that he was ashamed for not upholding "the values that I profess and believe in."

**Briefs**

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Mercury levels climb at large coal power plants

Renee Schoof

WASHINGTON — Many of America's coal-fired power plants lack widely available pollution controls for the highly toxic metal mercury, and mercury emissions recently increased at more than half of the country's 30 largest mercury-emitting power plants, according to a report Wednesday.

Five of the 10 plants with the highest amount of mercury emitted are in Texas, according to the nonpartisan Environmental Integrity Project. Plants in Georgia, Missouri, Alabama, Pennsylvania and Michigan also are in the top 10.

The report, which used the most recent data available from the Environmental Protection Agency, found that mercury emissions increased at 27 of the top 30 plants from 2007 to 2008. Overall, power plant emissions of mercury decreased 4.7 percent in that period, but that amount was far less than what would be possible with available emission controls, the report said.

Coal-fired power plants are the largest source of mercury pollution, generating more than 40 percent of U.S. emissions. Mercury released into the air settles in rivers and lakes, where it moves through the food chain to fish that people eat.

Mercury exposure in utero can result in children born with learning disabilities. Each year more than 300,000 babies may have an increased risk of such exposure, the report said.

"Even though the technology exists today to dramatically reduce the mercury pollution, the U.S. power industry has delayed cleanup and barely made a dent in the power plant emissions," said than Levin, an attorney with the Environmental Integrity Project.

"Delay by both the EPA and the electric power industry is what has caused this," he said.

Mercury emissions in some states have declined as power plants have added pollution controls for sulfur dioxide and particulate matter that have a side benefit of reducing mercury as well. Some of the pollution controls were added as a result of settlements of lawsuits seeking enforcement of federal and state regulations.

Since 1990, the EPA has been required under the Clean Air Act to impose pollution controls on many forms of air pollution, including mercury. To date, however, there is still no national regulation to limit mercury pollution.
**Teacher Feature**

Professor James Coleman has been teaching in the social sciences department at Cal Poly since 1973.

Dr. James Coleman  
Official title: Social sciences professor

Q: Where are you originally from?  
A: I'm from Los Angeles.

Q: Where did you attend school?  
A: Undergrad Cal State Northridge, Grad UCSB

Q: What classes do you teach?  
A: Comparative Studies, International Political Economy, Sociology of Religion and Crime and Violence

Q: What is the greatest satisfaction you get from teaching?  
A: Connecting with students.

Q: What do you hope your students learn from you?  
A: An interest in the global community, and the habit of self-reflection and critical thinking.

Q: What kind of music do you listen to?  
A: New Age and World music

Q: What was the last book you read?  
A: I'm just finishing "The Brothers Karamazov" by Fyodor Dostoevsky.

Q: If you had a million dollars how would you spend it?  
A: I would give it to a (donal charity.

Q: Where is your favorite place in SLO?  
A: I like it all.

Information and photo compiled by Zach Lantz
Dorms
continued from page 15

began gender-neutral housing last fall mainly as an option for gay and transgender students, said Gay Ger-
beck, dean of residential life. Seven students joined, among them are a man and two women, all straight, who share a triple room.

Parents cannot veto such a decision at Harvey Mudd, but Gerbeck asks students to discuss it with their families ahead of time. He also asks applicants whether they are romantically involved, all of this year’s participants said no. But if they were, the school could not forbid them from rooming together.

“If we are going into a post-gender world, then the regulation of private behavior is just not practical,” he said.

Several years ago, an earlier proposal for gender-neutral housing was killed at Harvey Mudd by skeptical administrators and older, more conservative trustees, Gerbeck recalled. More recently, 74 percent of Harvey Mudd students voted in a survey to allow the option and, to Gerbeck’s satisfaction, a new administration agreed.

UC Berkeley senior Rose DeLeon-Fonte, who has a male roommate, laughed at fears that gender-neutral housing might promote promiscuity. In fact, she said, the opposite is true when roommates see each other “all gnarly in the morning.”

“It’s not sexual, it’s just not,” said DeLeon-Fonte, 19, of Sacramento.

Pitzer housing applications ask whether students prefer a roommate to be woman, man, “other,” or have no preference. Or students can request to live together, as Eland and Pronto did after losing their original roommates.

They insist their living situation does not interfere with romantic relationships with other people. And although they have not been teased on campus, they face curious questions from relatives and friends.

“I definitely think it’s generational,” said Eland, 20, of Seattle. “For my grandparents, living with someone of the opposite sex if he is not your serious boyfriend or husband or brother, would be very strange.”

Pronto, 21, of Walnut, Calif., said his mother at first worried that he might be distracted by having a female roommate. And fellow firefighters at his “macho” summer barracks may joke about it, he said.

But at colleges, he said, “I think those old-fashioned ways of thinking are kind of dissipating. ... Over the years, this division between men and women, which was so big, is slowly closing.”

If you’re having trouble with a pickup line, try:

“I know you want to f*** me with my Converse on.”

—Ben Kresky, computer science senior

“Do you believe in love at first sight, or should I walk by a second time?”

—David Wollin, architectural engineering senior

“I better have loy library card, because I’m checking you out.”

—Nina Idzerda, architecture junior

“Are your parents retarded because you’re something special.”

—Branden Dong, architectural engineering junior

“I really don’t use pickup lines and I haven’t had them used on me.”

—Keaton Taylor, construction management junior

“Pick up lines are kind of cheesy, I say just start a conversation.”

—Christina Stainbrook, animal science senior

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COMPiled and photographed by LETICIA RODRIGUEZ
In modern college dorms, a 'post-gender world'

Larry Gordon
Los Angeles Times

LOS ANGELES — They weren’t looking to make a political statement or to be pioneers of gender liberation. Each just wanted a familiar, decent roommate rather than a stranger after their original roommates left to study abroad.

That’s how Pitzer College sophomores Kayla Eland, female, and Lindon Pronto, male, began sharing a room this semester on Holden Hall’s second floor. They are not a couple and neither is gay. They are just compatible roommates in a new, sometimes controversial, dormitory option known as gender-neutral housing that is gaining support at some colleges across the nation.

Eland, a biology major who hopes to become a doctor, said a roommate’s personality and study habits are more important than gender. “This might not be right for everyone,” she said of sharing the small, cinder block-walled room with a man. “But I think it’s important to have the right to choose where you want to live, how you want to live and who you want to live with.”

Pronto, an environmental studies major who works each summer as a forest firefighter, agreed. “I don’t think living with a woman friend is not much different from rooming with a man. As far as I’m concerned, a roommate is a roommate,” he said.

Although the number of participants remains small, gender-neutral housing has gained attention as the final step in the integration of student housing. In the 1970s, many U.S. colleges moved from having only single-sex dormitories to providing coed residence halls, with male and female students typically housed on alternating floors or wings. Then came coed hallways and bathrooms, further shocking traditionalists. Now, some colleges allow undergraduates of opposite sexes to share a room.

Pitzer, which began its program in the fall of 2008, is among about 50 U.S. schools with the housing choice, according to Jeffrey Chang, who co-founded the National Student Genderblind Campaign in 2006 to encourage gender-mixed rooms. Participating schools include UC Riverside, UC Berkeley, Stanford, Cornell, Dartmouth, Sarah Lawrence, Haverford, Wesleyan and the University of Michigan.

College officials say the movement began mainly as a way to accommodate gay, bisexual and transgender students who may feel more comfortable living with a member of the opposite sex.

“College students are adults,” said Chang, who is gay and is now a law student at Rutgers University in New Jersey. “They have every single right to choose the person they feel most comfortable living with.”

Pepperdine University in Malibu, Calif., which is affiliated with the Churches of Christ, maintains separate dorm wings and apartments for men and women. Asked whether it would consider going gender neutral, Sue Caton, a housing department office manager, said: “Not in the wildest dream would Pepperdine move in that direction.”

Harvey Mudd College, next to Pitzer in the Claremont Colleges,
WEDNESDAY - COLLEGE HUMP NIGHT
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FRIDAY - LATIN NIGHT
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Cal Poly students start fitness business

Will Taylor
MARCH 29, 2010

These days, getting a job right out of college is a rarity. Even more rare is a student starting that job before they have even graduated. Far more rare, is to already be running your own business. But this is exactly what kinesiology seniors Nathan Zimmerman and Katie Scrader have done.

And it's a kick-ass job, too. Literally.

Zimmerman and Scrader are running Sleeping Tiger Fitness, a physical fitness company that also provides instruction in Krav Maga and Muay Thai, an Israeli self-defense martial art and a Thai fighting style, respectively. Sleeping Tiger is run through the Ihido Kyu, a martial arts training facility on South Higuera Street. Sleeping Tiger focuses on bringing proper fitness techniques to its clients.

"We're not trying to just bring people in and burn calories and get them in shape," Zimmerman said. "We're about functional fitness, technique of movement and how to use your body more properly, so that you can function more efficiently in the outside world as well."

Prior to the official launching of Sleeping Tiger Fitness at the beginning of February, the Budo Ryu had no official fitness program. Fighters trained and worked out there, but there were no specific and regimented conditioning offered.

Geri Ooi, the manager of the Budo Ryu, said she's known Zimmerman for about two years through martial arts training. When she and her boyfriend Erik Sandahl,

see Fitness, page 18
Canned beer overcomes bottle popularity

Josh Noel
SPORTS WRITER

A canned beer revolution is under way among craft brewers who swear that the beverage is the best thing they can — but bar — do for the integrity of their beers. Never mind that they were initially as skeptical as the beer drinkers they are trying to win over.

"We all laughed at first," said Chad Merz of Oskar Blues Brewery in Lyons, Colo., which has canned since 2002 and is widely considered the source of the trend. "But then we started looking at the details and realized it was better.

Consumers are apparently starting to agree. Durango, Colo.-based Ska Brewery, for instance, only bottled its beer for seven years before adding cans in 2003. The growth has been steady, and many at the brewery expect sales to overtake bottles this year.

Breweries that can unite in their arguments - Light, compris -...
Book
continued from page 20
currently known as campus at Hip-
Hop Congress. When it started it was
called "Subbubble. This stands for music, art and hip-hop culture.
Hip-hop is not only the form of expression Johnson felt a connection with. "I always had this sort of latent profound respect and admiration for the power of words," Johnson said.
He eventually realized that his business degree with a focus in marketing was not what he wanted anymore. He proposed his own con-
cept, which was called "The business of es-
centric writing" to the dean of his business, who approved it.
Shortly after this was approved, Johnson wanted to take a plane somewhere, anywhere. After talking with his friends, he said they decided to stop being hypocrites and be spontane-
ous.
"I was a student who loved traveling," Johnson said. "I probably thought that in two weeks I would say, 'I was going to go train in the
air'."
But two weeks later, Johnson was not beaying a waste of time and learning about purposes. Instead he was still aiming at becoming a published au-
thor.
There were times when he questioned his goals and his purpose. But less than two years after Johnson started writing, he was writing inscrip-
tions in his books as he set them out to readers. "There were times that maybe it was a waste of time and I thought that people weren't going to dig my writing," he said. "I just kept reading other books and realizing how I felt when I read those books and how it would feel to get other people to feel that way."
Some of Johnson's favorite authors include Chuck Klosterman, Dave Eggers, David Sedaris and early books from Chuck Palahniuk. Johnson has been influenced by the writing styles of these authors but has developed a very unique style of his own.
With lots of imagery, tangents and creative sentence structure, Johnson's work tries to pull readers into his ex-
eriences and put them in the scene with him and his other characters. In the first chapter, Johnson intro-
duces Ulinski and uses more than a page to explain the reasoning for call-
ing him Fumble. After exploring this tangent he jumps right back into the flight they are trying to take.
Whether the scene is at Cal Poly, the wrings at Avila beach, in another city or on a plane, readers can be with
Johnson.
Johnson wanted to get his story into people's hands. He and his mana-
ger, Brad Fuhrman, and his designer, Scott Hohler, began contacting pub-
lishers about his book. After working with companies like ICM, Random House and Harper Collins, Johnson saw that this was going to take longer than he was willing to wait. They decided to publish the book themselves with the changes the publishers had suggested.
"We will just succeed as much as we can independently and then show them the numbers, show them tes-
timonials, show them that there is a demand for it and basically get picked up that way," he said.
Johnson would not settle for less than perfect. When he sent the unbound manuscript book he didn't like the bright white paper so he spe-
cialized ordered the paper he wanted and printed 300 copies of his book with his own money.
He picked up the book Jan. 22 and within the first three weeks had sold about 230 copies. Johnson said the plan is to promote the book and try to get a publishing company to republish it.
"This could go nowhere," Johnson said. "If it's just stopped now, it would still be here. My story is written."
Writing career takes off from Cal Poly

Matt Johnson never read an assigned book in high school. Not because he didn’t like to read, but because he didn’t like reading things other people told him to read.

Cal Poly graduate and a Cliff Notes skimmer, Johnson published his first book earlier this year. During college he decided to change the path he was on. In his junior year he discovered the life of a vagabond and not only embraced the carefree nature but also ended up wandering around unknown cities without a place to stay.

These trips were the subject of the book Johnson began writing as a senior at Cal Poly. He had an interest in words whether they were lyrics from hip-hop songs or from a Steinbeck book he read for outside reading. Johnson set his mind to writing a book and although he doubted himself sometimes, it was published in January.

If you would have asked Johnson what his plans were when he entered college he would not have said an author.

Johnson was one of those kids who thought he would be a professional athlete. After his freshman year at Cal Poly, however, he realized that wasn’t the path he wanted to take anymore.

“There was no passion for me,” Johnson said. “I was a left-handed pitcher. I could have gotten drafted. I just realized I didn’t love it anymore.”

But he did have a passion for hip-hop, specifically break dancing. After striking up a friendship with Brian McMullen while living in the dorms, the two found a connection. They both had hobbies that needed a space to be expressed. McMullen wanted to collaborate and mix samples with other DJs and Johnson wanted to dance and also had an interest in graffiti.

Johnson said he enjoys socially conscious hip-hop like Aesop Rock and was tired of going to parties and hearing bands like Journey.

“Instead of looking for the place to go to meet these people, why don’t we create the place?” Johnson said of his idea to start a new club on campus.

It was this drive that helped him and his friends to begin the group see Book, page 19.
Edible gardens spring up in poor economy

Fred Ortlip
ST. LOUIS POST-DISPATCH

ST. LOUIS — People are eating up the idea of growing their own food. Economic hard times have sent millions of Americans foraging for ways to eat more economically, and they're doing it by growing their own edibles.

A survey by the Garden Writers Association Foundation found the growing of edibles boomed last year, with more than 7 million of the 41 million U.S. households new to vegetable gardening. The survey found 37 percent of households planned to increase their edible gardens this year.

"Last year it was huge, a 50 percent increase over the year before," said Stetfie Littlefield, garden designer and assistant manager at Garden Heights Nursery in Richmond Heights, Mo.

Nurseries are responding to the demand by boosting not only their vegetable, fruit and herb inventory but also their related products, such as seeds and seed starting kits and organic soil amendments, fertilizers and insect control products.

Residents are finding creative ways to grow their own, not only by building raised garden beds but also by using containers to make the most of small spaces in apartments and condos.

"Growing your own herbs is a huge savings, and people are growing them in containers because they're cooking more at home and are more cognizant of what they need," Littlefield said. "People are looking for those unusual things they can't buy in the grocery store but enjoy in a restaurant."

Docks and patios are becoming popular places to put containers to grow fruit, such as blueberries and raspberries. Another alternative to traditional beds is square foot gardening, in which vegetable plants are massed tightly in a small space.

Ellen Harredo, horticultural manager at Howood Farms in St. Louis, said among vegetables, tomato growing is most popular while basil is the most popular herb. She said emerging trends are gardening under lights, food preservation and home gardening for brewers.

Jennifer Schamber, general manager at Greenscape Gardens in West County, Mo., says a new gourmet cherry tomato, Tomacco — called sweet raisin tomato — should be in demand because of its taste and high yield.

Meanwhile, nurseries are responding to the interest in edibles by providing additional support in the form of handouts, books and on-site classes.

Find a sunny spot

So about that garden. Where to start?

Identify an area with plenty of sun, preferably at least six hours — and less may be OK in afternoon exposure.

Raised bed gardening is popular and can boost yield because amending the native, clay-based soil with organic matter improves the growing environment.

Pressure-treated lumber is often used to build the borders. This rot-resistant product no longer contains arsenic, but gardeners concerned about leaching of the chemical content can play it safe by using an impervious liner to wrap the wood.

More expensive natural wood options are redwood, cypress and red cedar, which are rot-resistant.

A typical raised bed kit might contain a plastic composite that resembles cedar. Some gardeners even get a rise out of using stones as a border.

Building a new bed

Romaine and Dave Oechl dismantled several smaller raised beds in the backyard of their Kirkwood home and built a 32-by-13-foot bed surrounded by fencing to deter critters.

Like a lot of St. Louisans who live in established areas where trees...
Garden
(continued from page 21)

provide some shade, the Osches fi-
ness some of their plantings.
“Even if you have part sun, you
can still grow a lot of shade like
thistle and roses, and you can
plant them,” she said. “Adding experimen-
tation often produces at least one
by-product — discovering new things.

Elvis and Michael better watch out.

“Elvis and Michael better watch
out. Jerry is making a move.”

Over the past year, Jerry has
been pushing the idea of a new
new” album and tour

Jon Bream
— 1341 Morro Bay Road

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out. Jerry is making a move.”

Over the past year, Jerry has
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Hendrix estate to release
“new” album and tour

For
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Planned Parenthood
743 Pismo St., San Luis Obispo
(between Garden & Broad)
Alexia Elejalde-Ruiz

CHICAGO — We turn to cosmetics to look our very best, but sometimes all that glittering, slathering, powdering and painting can do is irritate our skin.

Certain ingredients in personal care products can cause redness, itching, stinging, acne and other reactions in people who are sensitive to them. Preservatives, fragrances and dyes are common culprits.

Some people are allergic to specific ingredients, but more commonly the problem is irritation, which can happen to anyone. Either way, it's wise to keep an eye on the ingredients you're smearing on your skin.

"The bottom line is that if you put a rash, you just have to stop using that product, and when you go to the store to buy another iteration, compare the ingredients and make sure they're not exactly the same," said Dr. Ellis L. Toombs, a Washington-based dermatologist and former office director for cosmetics and colors at the Food and Drug Administration. "It's up to a dermatologist to see what component might have been causative."

Ingredient lists often look like gobbledygook to consumers, so it takes research and experimentation to identify the offending substance.

Christopher Drummond, who developed bad acne during the eight years he worked as a print developer, said it was through trial and error he determined his symptom's mineral oil was to blame.

"Mineral oil does work well to bind the ingredients together, and it feels good, but it's very pore clogging," Drummond said. "It's like putting plastic wrap over your face."

Hoping natural products would be better, Drummond turned to dye- and preservative-free mineral makeup, but found it made his skin itch — which he traced to bisulfate oxycyanide.

Five substances to avoid

Drummond, who last year launched his own organic-based cosmetics line under his name and navigating the ingredient minefield can be overwhelming, so to simplify, he has made a list of five substances he avoids at all costs.

His list includes artificial colors, artificial fragrances, preservatives (such as mineral oil), parabens (a widely used preservative) and phthalates (often found in fragrance to help hold scent).

Unfortunately, reading the back of a product doesn't always tell you that's inside. While the FDA requires companies to list all unincidental ingredients, it doesn't require them to list by-products, such as formaldehyde, or the ingredients in fragrance, considered trade secrets. Fragrances can contain dozens of ingredients, many of them irritants, but all that's listed on the label is the word "fragrance."

Consumers also should be wary of products marketed as "natural," "organic," "dermatologist-tested," or "hypoallergenic," as the FDA doesn't have standards for those claims and doesn't require companies to substantiate them.

Even "fragrance-free" doesn't always mean what it seems: the product may contain fragrance ingredients to mask an unpleasant odor.

Few federal rules

While the FDA prohibits the marketing of adulterated or misbranded cosmetics, the agency doesn't test or approve cosmetics before they go on the market (with the exception of color additives).

It's up to the cosmetics companies themselves to make sure their products are safe and that the ingredients in them are safe.

To that end, the Cosmetic Ingredient Review, an independent panel of experts funded by the industry trade group Personal Care Products Council, reviews some 250 ingredients each year to determine their safety.

If the panel finds an ingredient causes irritant or allergic reactions, it recommends a limit on the concentration that's considered safe and disseminates the information to manufacturers, said CIR director Alan Andersen.

Known irritants

Cosmetic ingredients that are known irritants include sodium laurel sulfate, used to produce the lather in soaps and shampoos, and quaternium-15, a preservative that releases formaldehyde and can cause allergic reactions, Andersen said. The CIR has set concentration limits on both.

A chemical found in most hair dyes called paraphenylenediamine (or p-phenylenediamine, or PPD), is among common allergens. It can be particularly dangerous when used in dark henna tattoos, as extended exposure to the skin can cause scarring. Andersen said.

Some health advocates worry that, in addition to causing irritant or allergic reactions, certain ingredients may be harmful in the long term.

The Campaign for Safe Cosmetics, a coalition of nonprofits including the Breast Cancer Fund and the Environmental Working Group, has fingered parabens, which mimic estrogen, and have been found in breast cancer tumors, and phthalates, which are linked to male reproductive problems, as particularly worrisome.

The FDA says the levels of lead, parabens and phthalates found in cosmetics are so low they wouldn't pose a risk, but activists worry about the cumulative effect of using multiple products.

"We're concerned about the repeated chronic exposure to these chemicals," said Stacy Malkan, co-founder of the Campaign and author of "Not Just a Pretty Face: The Ugly Side of the Beauty Industry."

Malkan's best advice to consumers: "Simplify. Choose products with fewer ingredients, and choose fewer products overall."

Ingredients to watch for

Ellis L. Toombs, a Washington-based dermatologist, offered a list of some ingredients that can be problematic.

Quaternium-15 (a formaldehyde-releasing preservative)

Fragrance

Hair dyes: p-phenylenediamine; toluene-2, 5-diamine; p-aminophenol

Lanolin (a lubricant)

Cocamidopropyl betaine (found in some bath preparations)

Eye makeup: parabens (methyiparaben, ethylparaben, propylparaben, butylparaben); nickel, cobalt, chrome

Facial makeup: D&C red, #19, 31, 36

Eye cream, lipstick: D&C yellow #11

Nail polish: tolsylamide formaldelyde resin (sometimes causes eyelid rashes when people scratch their face)

Learn more

cosmeticstesting.org

Search ingredients at this site sponsored by the industry trade group Personal Care Products Council.
cosmeicsdatabase.com

The nonprofit Environmental Working Group's Skin Deep database evaluates the safety of thousands of products and ingredients.
Art classes give patients with mental illnesses a creative outlet

John Keilman
CHICAGO — A week into his hospitalization at the Elgin Mental Health Center, Jeffrey Eppard was given pencils and paper and invited to draw anything he wanted. The subject he chose was his left arm.

He outlined it in a blur of charcoal, then filled in the details: the lines crisscrossing his palm, the bracelet spelling out “Angel,” and the still-fresh scar that began at his wrist and slashed toward the crook of his elbow.

The wound was a remnant of the suicide attempt that had landed him in the hospital. He said making art with a sketch was, to his surprise, a comfort.

“It brings back some of the varieties, but it’s not entirely bad,” said Eppard, 24, who suffers from bipolar disorder. “Just visually seeing it on paper tells me it’s OK. I’m sick, but it’s going to be all right.”

Though he used the language of recovery, it was no therapy session. It was a simple afternoon of drawing put together by some who had battled their own demons that they believed could be quieted, at least for a moment, with a swirl of graphite.

The organizers were from the Awakenings Project, a collective of people with mental illnesses who have found strength in art. They meet weekly in a suburban studio to draw and paint, and, on occasion, they travel to mental health centers to share their materials and enthusiasm with those still emerging from crisis.

“My hope is to unleash the joy,” said Irene O’Neill, one of the group’s founders. “I just want people to get into it and have fun.”

Psychologists long have believed that art provides a window into troubled minds, but what once was mainly a diagnostic tool — Draw a tree that represents your feelings — has become an instrument of healing.

Randy Vick, a therapist who teaches at the School of the Art Institute of Chicago, said making art brings a precious sense of control to those suffering from schizophrenia and other mental disorders. When the mind, body and emotions unite in the act of creation, a person can feel he has regained power over his life, Vick said.

The Awakenings Project doesn’t offer formal therapy, but it follows similar principles. It was founded in 1996 to showcase the artistic abilities of people with mental illness, allowing them to earn self-respect.

“Most people with a mental illness don’t work, so they don’t have a work identity,” said co-founder Robert Lundin. Exhibiting their art “gives them a kind of identity in the community. They can legitimately call themselves an artist.”

In time, the group began to seek out and cultivate that talent. It rents a downtown Elgin, Ill., studio, where its members produce oil paintings, watercolors and collages. It spreads the word at national mental health conferences. For the last five years, it has reached out to institutions where people with severe mental illnesses are treated.

That is what led O’Neill and four fellow Awakenings volunteers to the Elgin Mental Health Center one recent Saturday. They passed out pencils, paper and a few art books to a dozen patients, and after they made a few introductory remarks, the sketching began.

“Art teachers always told me not to overshadow,” he said. “I tend to like things dark. That’s just me.”

Jeffrey Eppard, 24, shows a drawing of his arm that shows his attempts at suicide during a class of the Awakenings Project that teaches art as a way of therapy to people with mental illness.
Art therapy

continued from page 24

ories, he said, yet he smiled as he drew its crooked stairs and wind-whipped flag.

"I think art's a good getaway," he said. "When we're sitting here doing this, it takes us away from our troubles. It's like we're kids again."

Other sketches were difficult to grasp. They were patchworks of runes, figures and phrases that remained impenetrable, even after their creators tried to explain them.

One young man stricken by schizophrenia drew symbols in the chunky, 3-D style of a graffiti tagger. The man, who asked to be called "Pi," said he was obsessed with numbers and formulas. Reproducing them gave him a feeling of tranquility.

He was striking and skilled, but he dismissed it, telling a visitor to take it away. "I'll reproduce it another way, another time. I could burn this right now and it wouldn't mean anything to me."

A moment later, though, he asked to look at an image of his sketch that had been captured by a Tribune photographer.

"Oh, that's beautiful," he said. He went back to the visitor with two clean sheets of paper, urging him to sandwich the drawing between them so the lines wouldn't smudge.

Such small moments of pride were evident throughout the three-hour session. But when it ended, it was hard to say whether he had produced any lasting effects. Most of the patients left their work behind when they headed back to their rooms.

Packing up the materials, O'Neill said she was optimistic. Her bipolar disorder brought her plenty of misery after she was diagnosed in 1976, when she was 20. She had been hospitalized against her will, clapped into straitjackets and shot up with debilitating medications.

But she never lost her childhood love of art. And when she helped found the Awakenings Project, she said, she learned that her painting and collage-making — and most important, her relationships with other artists — could give her stability.

She had a new identity, one in which her mental disorder was only a single shard in a larger mosaic. Maybe, she said, art could help a few more reach the same place.

"Some of them will re-identify as artists," she predicted. "Some will try to see themselves in a different light. People get back in touch with themselves and know that they are more than just their illness."

Hendrix

continued from page 22

ished by the Isley Brothers) and his destiny as Jimi Hendrix, he did visit the Isley household in 1967 en route to the Monterey Pop Festival in California.

"He looked different in terms of his clothes," Isley recalled. "He had a hat, scarf, rings on every finger, stuff around his neck. He walked down the hallway sounding like (cowboy character) Shane. 'Man, is that Jimmy? Yeah, he's killin' em in England.'"

Isley opens the "Experience Hendrix" show, backed by Steve Roy-Vaughan's drummer, Chris Layton, and bassist Billy Cox, who befriended Hendrix in the Army and played with him in 1969 and '70. Isley says he doesn't necessarily try to replicate Hendrix' work, but Satriani says that's understandable.

"Some of the stuff I love so much and I just have to hear it played as close to the way Jimi had played it," Satriani said. "Having said that, Jimi played it a million different ways. I imagine if (tour producer) John McDermott comes to me before I go on and says, 'We have twice as much time as I thought, so have fun,' then I can think about some more outrageous, exploratory versions of the songs and stretch it out."

Music historian McDermott is catalog director for Experience Hendrix LLC, which is run by Jimi's younger stepson, Janie. After each performer submitted a request list, McDermott decided who would play which songs — and with whom, to create special moments. Satriani gets "The Stone From the Sun," "Foxy Lady" and "All Along the Watchtower" backed by the band Living Colour, featuring guitarist Vernon Reid.

Satriani, 53, who started as a drummer, was profoundly affected by Hendrix's death from a drug overdose at age 27 in 1970.

"The day he died was so devastating to me," he said, "that I remember quitting the (high school) football team — I was a right end and marching home and announcing to my family that I was going to become a guitar player."

Crazy Jays

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(Hey, it'll give you something to talk to Mom about.)
Baseball plays sober for second straight season

Daniel Triassi

Baseball and America have grown up together. Over time, the sport has had to deal with similar historical, social and economic issues many Americans have faced. Whether it was the right to work, gambling, civil rights, big business or drug use, baseball became a microcosm of American life.

Over the past couple years, Cal Poly’s men’s baseball team has undergone its own social progression of sorts. Last year, head coach Larry Lee implemented a new policy whereby players are prohibited from drinking alcohol during baseball season.

The change came after the 2008 season in which the Mustangs finished under .500 for the first time in years. Lee said he thought about was going on off the field as well as on it to make his decision.

“I had to do something stringent to change the culture of our program,” he said.

During games, Lee wants to know his team is giving every ounce of energy and effort. Alcohol hinders their chances of having a mental edge.

“I know that if the players do what is right and put in the time and effort, commit themselves to be the best they can possibly be mentally they feel that they deserve to have success,” Lee said.

“When they don’t put in the time and effort mentally they will question themselves as athletes.”

Lee approaches baseball with this all or nothing attitude, the dry season being no exception. For him, playing baseball is about respect, respect for the game as well as your opponent. Part of this mentality is in his upbringing as the son of Cal Poly Athletics Hall of Fame coach Tom Lee — a legend in his time.

Senior catcher Ross Brayton said the dry season helps build team. As a whole, baseball isn’t as physically demanding as other sports. Mauldin said baseball is as much about the mental game as anything else. With the dry season, the team is now on the same page with a common aim.

“The was the first time I felt that we ever did anything in order to win, not to put up numbers, gain velocity, raise our draft status, to help choose the right path.”

Senior pitcher DJ Mauldin has been progressing both mentally and physically for five years on the team. As a whole, baseball isn’t as physically demanding as other sports. Mauldin said baseball is as much about the mental game as anything else. With the dry season, the team is now on the same page with a common aim.

“The was the first time I felt that we ever did anything in order to win, not to put up numbers, gain velocity, raise our draft status, to help choose the right path.”

Senior catcher Ross Brayton said the dry season helps build team.

“As a team we play 100 percent,” Brayton said. “We’re mentally focused throughout the game, not feeling sluggish and have all our energy.”

Still, for Mauldin and some of his peers the dry season isn’t easy. For many, partying and drinking can be a large part of the college experience. Eliminating alcohol forces some athletes to change their weekend outlook and find new things to do. Mauldin has also noticed that it has been easier to keep his grades up too.

“In the classroom I went from just trying to be eligible to work - ing towards a 3.0. I don’t remember ever having this much energy, and I work hard in the off-season for both myself and my teammates, and can honestly say I gave everything to last season,” Mauldin said.

Lee does not police the policy itself. Instead, the honesty has to come from the players.
Teamwork spurs success for basketball programs

Patrick Leiva
MUSIANI DAILY
SPORTS

For the Cal Poly men's and women's basketball programs, teamwork is a critical element for their success. Beginning with spring training sessions, chemistry is formed through countless hours spent together on and off the court.

The men's basketball team did not know what to expect for the upcoming season with a new coach. However, head coach Joe Callero did know that teamwork would help the team stay together and ease the transition.

"They might be little things, but it creates different environments where teammates can hang out with one another and build respect for each other," Callero said.

Freshman guard Dylan Roger also emphasized the importance of team dinners and off-court experiences.

"Before every game we have team dinners together," Roger said. "It is just a big group of guys that are having fun and eating dinner together. I think all the off court stuff builds teamwork on the court."

Callero outlined three areas he wanted to see his team improve upon: assists, field goal percentage, and rebounding. These three statistics demonstrate the team's willingness to work together.

"This shows a willingness to sacrifice your individual goals for team success," Callero said.

The same emphasis on developing team camaraderie exists within the women's basketball program as well.

Cal Poly women's basketball coach Faith Mimmaugh, coaching in her 13th season at Cal Poly, said one of their strengths is chemistry. Mimmaugh likes to put her players in situations where they’ve learned and share that with others.

Senior forward Ryan Darling said Callero did a nice job of bringing everyone together despite all the changes.

"Coach Callero makes us feel like part of a family," Darling said. "He knew that he kept us all for a reason and we’ve all bought into the program."

One activity Callero incorporates is trips to Farmer's Market to pass out schedules. Also, at the end of each practice, Callero said the team circles up and two teammates must complement other players about what they did well during practice. He said the exercise helps develop a selfless attitude.

I want to be able to give our student athletes a chance to pass along what they’ve learned and share that with others.

— Faith Mimmaugh
Cal Poly women's basketball head coach

After every practice, head coach Joe Callero has his team meet in a circle at half court to exchange complements. Two players are called on to give feedback to their teammates on how they performed that practice.
PHOENIX — Michael Taylor receives the occasional letter from parents who thank him for being an inspiration to their child.

"They're not talking about Taylor being one of the major league's top prospects. The Athletics' outfielder is passing the way he plays the game while battling Type 1 diabetes, a condition Taylor was diagnosed with at age 9."

Before he hit the field every morning, Taylor pricks his finger to draw blood and measure his blood-sugar level. Then he injects himself with a shot of insulin, an exercise he repeats five or six times daily.

That's the laborious part of dealing with a disease that affects up to 3 million Americans.

The payoff comes when he talks to children with diabetes and sees their faces light up as his message sinks in: Being diabetic doesn't mean you can't live a normal life, or even be a professional athlete.

"That's the coolest part about this experience," Taylor, 24, said.

One glance at Taylor shows why the A's were enamored with the former Stanford star. He's listed at 6 feet-2, 216 pounds, and he combines that size with speed and surprising agility.

The A's traded highly regarded third base prospect Brett Wallace to Toronto for Taylor on Dec. 16, mostly after Taylor had been developed from Philadelphia to Toronto as part of the Roy Halladay trade.

Baseball America ranks Taylor as the majors' No. 29 overall prospect, one spot behind teammate Chris Carter.

"He's got brute strength, athleticism and he defends well," A's director of player personnel Billy Owens said recently. "Not to use too much hyperbole, but in a perfect world, he could be a right-handed hitting Dave Parker."

Taylor's imposing presence gives no indication of the steps required to maintain his health.

Type 1 diabetes is an autoimmune disease in which the body doesn't produce enough insulin, the hormone that helps regulate the amount of sugars and carbohydrates in the blood.

Taylor must be mindful of his diet, which is tough in the minor leagues when the clubhouse spreads aren't always the healthiest.

He tries to eat a full two hours before a game so he can gauge how his body is reacting.

"You're not going to see me eat five or six pancakes before a game," he said. "Fats. I don't eat that before the game. Any kind of grilled chicken or vegetables would be great because there's not a lot of carbs. You don't need a whole lot of insulin."

But there's no guarantee how his body will feel during a game. He can be nauseous or sluggish at times, he said, or his vision can get blurry.

A's assistant general manager David Forst said the A's consulted thoroughly with the Phillies' medical and training staffs before swinging the deal to get Taylor from the Blue Jays.

"They immediately said he's as good as anybody they've seen as far as controlling and monitoring his condition," Forst said.

After Taylor was diagnosed as a child, his parents, David and Sheryl, presented him a list of noteworthy people who were diabetic.

The group included baseball legend Jackie Robinson, basketball Hall of Famer Walt Frazier and author Ernest Hemingway.

"This is something that can be handled," David Taylor says now of the intended message. "Don't take the perception that may be passed along to you by those who don't have that second or information at their disposal."

Last season, Taylor was playing a mid-game with Double-A Reading (Pa.) and he spent 20 minutes after the game talking with a young fan who was diabetic and heard Taylor was too.

Taylor dispersed similar wisdom to his parents had given him.

"You can do anything," he said. "That's a cliche, but it's true. (Diabetes) shouldn't be a handicap, especially in this day and age."

Notes: After Tuesday's day off, the A's host the Giants on Wednesday in Phoenix with Bert Anderson drawing the start for Oakland. ... Forst confirmed the A's were out of the running for signing right-hander Michael Felix out of the Dominican Republic. But Felix noted interest for a performance-enhancing substance and the deal was voided.
Warriors plan to give fans a break

Marcus Thompson II

You can’t talk to a player in the Warriors’ locker room without one of them mentioning how, despite being plagued by injuries, the team is playing hard and holding its own.

Team President Robert Rowell said the same is happening on the business side.

“We’re down, but we’re holding our own,” he said. “It’s been a tough economy, and it’s been a tough season.”

It’s that reasoning, Rowell said, that led to the Warriors offering an across-the-board decrease in prices for season ticket-holders.

The team will reduce prices between 5 percent and 25 percent for season ticket-holders in 2010-11. Called the Loyalty Pricing program, all season ticket-holders who place a deposit for next season by April 12 will get the discount.

“They’ve been loyal to us,” Rowell said. “We’ve been talking to them all year. We know the economy’s been tough. We know the season’s been tough. When putting pricing together, we realized we needed to do something to address the fact that our fans have hung with us as long as they have.”

The Warriors have taken a hit this season in terms of fan support. They have experienced a noticeable drop in home attendance and season-ticket purchases. Also, vocal fan dissatisfaction has increased. And confidence in the franchise’s ability to turn things around took a hit after the team failed to make a significant trade last offseason and again before last month’s trade deadline.

Last season, they finished ninth in the league at 18,942 fans per game and are just below that this season. In 2007-08, the season after their playoff run, Golden State averaged 19,631 per game, which was sixth best. The Warriors, who won 46 games that season, sold out 32 of 41 home games. This season they’ve had four sellouts: the opener against Houston, the two Los Angeles Lakers games and the lone appearance by LeBron James and the Cleveland Cavaliers.

“Obviously, there are not as many as there were last year,” guard Anthony Morrow said. “But, at the same time, everybody is still playing hard and the fans support us, so we still get the same feeling (from the fans). Our fans are still with us no matter what.”

As teams in Memphis, Milwaukee, Charlotte, Miami and even Atlanta can attest, it could be worse. All those franchises are in the race for the postseason, yet they still average below 90 percent of capacity. Golden State is at 91.5 percent.

“We’ve drawn pretty well this year,” Rowell said. “Our fans have come to the games. We’re down (compared to where we were the last two years). But we’re having a solid season.”

Rowell said the drop in season-ticket prices is not a panic move and the Warriors aren’t desperate. He also said the team still is willing to spend the money necessary to improve the team.

Price decrease on no fans are sure to be eager for those improvements.
Golf needs Tiger Woods to revive its fading heartbeat

Monte Poole
THE OAKLAND TRIBUNE

Maliciously indicted and prosecuted and convicted, Muhammad Ali avoided prison but was stripped of his heavyweight belt and his boxing license and therefore barred from the ring.

If Ali could overcome a serious threat to his freedom, much less his career, and return to prosperity and popularity, so can Tiger Woods.

As much as Tiger welcomes that scenario, golf welcomes it even more.

If golf could light a cigar, it would have Tuesday in the wake of Woods announcing his intention to return to the game at the Masters.

"The major championships have always been a special focus in my career and as a professional," he said in a statement. "I think Augusta is where I need to be, even though it's been awhile since I last played. I have undergone almost two months of inpatient therapy and I am continuing my treatment. Although I'm returning to competition, I still have a lot of work to do in my personal life."

This is the most widely anticipated return in sport since Ali, after a 3-year absence for refusing induction into the army, entered the ring in October 1970 to fight Jerry Quarry.

When Tiger tees off April 8, it will have been 144 days since he last competed, 132 days since his SUV accident in the wee hours shattered the flawless veneer of his private life, and about nine weeks since he stood before TV cameras and delivered a stilted public apology for failing to leash his inner dog.

Choosing to resume his career at the Masters makes strategic sense on many levels. Insofar as Tiger's return, no matter when it comes, is bound to generate noise at decibels golf has never experienced, it's prudent to select Augusta National, with its tight controls, polite galleries and strict requirements on media.

Presuming Woods is comfortable with his family life — it was reported he was back in his Florida home, with wife Elin and their two children — the timing is appropriate. The longer he isolates himself, the longer he extends the tawdry tales of his extramarital sex life.

Since last Nov. 27, as more than a dozen women slithered forth claiming to have been naked with Tiger, humiliating his wife, that has been the only ongoing "news" related to the planet's biggest sports celebrity.

Getting back to the game, in effect, not only turns the page but opens a new chapter for Woods. It takes the discussion in a new direction.

Woods, 34, needs golf. It's his

see Woods, page 31
**Teamwork**

*continued from page 27*

through a multitude of different challenges her players’ creativity, communication and leadership. One activity involves leading blindfolded teammates through staggered corns to build trust.

Minnaugh implemented a team rule that no cell phones are allowed when everyone is together so players can connect with each other. Also, during meals before games, Minnaugh has the players sit by someone new to avoid cliques and build relationships.

“It’s a real pleasure to coach this team because everyone fits together,” Minnaugh said. “This is probably the closest team I’ve had here.”

Junior forward Kristina Santiago also reiterated what Minnaugh had to say.

“Everyone is super supportive of each other,” Santiago said. “We all make sure that we are there for each other on and off the court.”

Everything has paid off so far.

**Woods**

*continued from page 30*

outlet, his salvation, his lifelong friend. It’s his identity and likely will be at least as long as his superiority goes unchallenged.

He is his heartbeat. Though the PGA Tour goes on, doing so without Woods creates an enormous void, even bigger than that which boxing faced in Ali’s absence. Without its transcendent figure, the tour is a bunch of skilled golfers gathering for a tournament. With Tiger, every tournament is an event.

Now that his life has been dumped on the public porch, Tiger is a bigger celebrity than at any time in the past, as infamous to many as he is famous to all.

Though the Masters generally is popular with TV viewers, this one almost certainly will be the most watched golf tournament ever. It might even be among the most watched sporting events in history.

Previous Masters winners Phil Mickelson and Trevor Immelman are fine golfers, but the interest spikes with Tiger.

It’s his transcendent figure, the tour boxing faced in Ali’s absence. With Tiger, every coach has the players sit by someone new to avoid cliques and build relationships. He is its heartbeat. Though the Masters generally is popular with TV viewers, this one almost certainly will be the most watched golf tournament ever. It might even be among the most watched sporting events in history.

**Baseball**

*continued from page 26*

"The players usually find out before coach Lee if you go out," Brayton said. "So if we see someone on the team there not afraid to say hey we saw this guy out."

After a win, the team celebrates by getting ready for the next game Lee continued.

"If we ever win or win, we enjoy ourselves on the way home, but start to prepare for tomorrow," Lee said.

Cal Poly’s rivals have their own opinion of the new policy. Rather than think it could give them a competitive edge, Nino Giarratano, head baseball coach for the University of San Francisco, said he hasn’t implemented a policy to discourage his team from drinking.

To get ready for the season, he engages his team in mental work such as yoga and breathing exercises as well as physical activity. Although San Francisco hasn’t had any alcohol related problems, Giarratano said the dry season was a courageous step by the Mustangs.

“I applaud the Cal Poly coach and team for doing something of this magnitude,” Giarratano said. As the team shifts their focus from implanting change to building a tradition to be proud of, Lee said he imagines he will continue with the dry season for the rest of his coaching career.

“I think that it’s been a real positive approach and when you players are old and mature enough they will appreciate it all,” Lee said.

Monday, March 29, 2010

**Sports**

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this year as Cal Poly leads the Big West conference in assists and currently sits in second place in the conference with a 6-2 record.

“Every good game we’ve had this year is a direct result of our team chemistry,” Santiago said. She said the team has held player only meetings to voice their opinions regarding areas of improvement. Santiago said the players respond in a more positive manner since they take everything discussed to heart.

Minnaugh said wants to pass along leadership and team building skills to her players that will help them as people and not just basketball players. "Every coach that has impacted me continues to be with me today," said. "I want to be able to give our student athletes a chance to pass along what they’ve learned and share that with others.”

Both coaches emphasized the need for student support and their continued attendance at games throughout the rest of the season.

"The students give us an emotional lift and we appreciate their support," Callero said. "The Mustangs need jerseys.”

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