In 2009, there were a recorded 3,829 homeless residents in San Luis Obispo County, 80 percent of whom had lived in the county for more than a year and 36 percent of whom resided in San Luis Obispo City.

Kate McIntyre
katejmcmintyre.mcdonald@gmail.com

Though the title of its report is “Homelessness in San Luis Obispo County: Are We Solving the Problem?” the San Luis Obispo Grand Jury clearly answered, “No.” in a critical report of available services to local homeless residents.

The week is held to “educate the public about (the lesbian, gay, bisexual and transgender) culture and place in society, celebrate our lives on the Central Coast and demonstrate our diversity and pride,” Kinports said.

Even though the county is fairly conservative, it has been fairly tolerant and supportive of the LGBT community, Kinports said.

During the week, support from the local community came in the form of rainbow flags as many downtown businesses displayed them in their windows.

SLO Pride is typically held the second week of July.

This year, Pride Week kicked off on July 4 with a barbecue accompanied by a fireworks show at Pismo Beach. And Canadian Lisa Lampman, known as “Comedy’s Lovable Queen of Mean,” performed at the Christopher Cohan Performing Arts Center July 10.

Events during the week included a drag show, the Central Coast Pride on the Plaza festival, an after-party at Novo and a pride dance. The jam-packed dance was held at Native Lounge, where architectural engineering senior and Pride Center employee Jennifer Ton estimated that about 100 people attended.

The festival, held in the Mission Plaza, included performances by former American Idol contestant Frenchie Davis, singer-songwriter Gabe Lopes and blues-rock band 805 South. It also attracted Rick Jacobs, founder of the non-profit, grassroots organization Courage Mustard Daily.

The annual SLO PrideWeek, held 36 percent of whom resided in San Luis Obispo City. Though the title of its report is “Homelessness in San Luis Obispo County: Are We Solving the Problem?” the San Luis Obispo Grand Jury clearly answered, “No.” in a critical report of available services to local homeless residents.

The week is held to “educate the public about (the lesbian, gay, bisexual and transgender) culture and place in society, celebrate our lives on the Central Coast and demonstrate our diversity and pride,” Kinports said.

Even though the county is fairly conservative, it has been fairly tolerant and supportive of the LGBT community, Kinports said.

During the week, support from the local community came in the form of rainbow flags as many downtown businesses displayed them in their windows.

SLO Pride is typically held the second week of July.

This year, Pride Week kicked off on July 4 with a barbecue accompanied by a fireworks show at Pismo Beach. And Canadian Lisa Lampman, known as “Comedy’s Lovable Queen of Mean,” performed at the Christopher Cohan Performing Arts Center July 10.

Events during the week included a drag show, the Central Coast Pride on the Plaza festival, an after-party at Novo and a pride dance. The jam-packed dance was held at Native Lounge, where architectural engineering senior and Pride Center employee Jennifer Ton estimated that about 100 people attended.

The festival, held in the Mission Plaza, included performances by former American Idol contestant Frenchie Davis, singer-songwriter Gabe Lopes and blues-rock band 805 South. It also attracted Rick Jacobs, founder of the non-profit, grassroots organization Courage Mustard Daily.

The annual SLO PrideWeek, held the homeless population, volunteers, and both male and female homeless people. They also visited nearby facilities and reviewed national and local reports on homelessness, according to the 17-page report.

Of the approximately 260,000 residents of San Luis Obispo County, about 3,829 (1.5 percent) were homeless in late January 2009, according to the San Luis Obispo County Homeless Enumeration Report. More than a third (36.1 percent) of the homeless counted in the enumeration lived in the city of San Luis Obispo.

Enumeration interviews from 342 homeless adults found that the county’s homeless population is “diverse in age, background and economic status”; there are also a variety of reasons why people are homeless, including housing and health issues.

The enumeration found that most of the county’s homeless are long-term residents. Of those counted, 56 percent said they had lived in the county for more than five years. 24 percent said they’d lived here for at least one year.

According to the Grand Jury report, those interviewed in January said they didn’t have a permanent residence because they were unable to pay rent (35 percent), were unemployed (20 percent) or suffered from low wages, divorce or substance abuse (15 percent each).

The week is held to “educate the public about (the lesbian, gay, bisexual and transgender) culture and place in society, celebrate our lives on the Central Coast and demonstrate our diversity and pride,” Kinports said.

Even though the county is fairly conservative, it has been fairly tolerant and supportive of the LGBT community, Kinports said.

During the week, support from the local community came in the form of rainbow flags as many downtown businesses displayed them in their windows.

SLO Pride is typically held the second week of July.

This year, Pride Week kicked off on July 4 with a barbecue accompanied by a fireworks show at Pismo Beach. And Canadian Lisa Lampman, known as “Comedy’s Lovable Queen of Mean,” performed at the Christopher Cohan Performing Arts Center July 10.

Events during the week included a drag show, the Central Coast Pride on the Plaza festival, an after-party at Novo and a pride dance. The jam-packed dance was held at Native Lounge, where architectural engineering senior and Pride Center employee Jennifer Ton estimated that about 100 people attended.

The festival, held in the Mission Plaza, included performances by former American Idol contestant Frenchie Davis, singer-songwriter Gabe Lopes and blues-rock band 805 South. It also attracted Rick Jacobs, founder of the non-profit, grassroots organization Courage Mustard Daily.

The annual SLO PrideWeek, held the homeless population, volunteers, and both male and female homeless people. They also visited nearby facilities and reviewed national and local reports on homelessness, according to the 17-page report.

Of the approximately 260,000 residents of San Luis Obispo County, about 3,829 (1.5 percent) were homeless in late January 2009, according to the San Luis Obispo County Homeless Enumeration Report. More than a third (36.1 percent) of the homeless counted in the enumeration lived in the city of San Luis Obispo.

Enumeration interviews from 342 homeless adults found that the county’s homeless population is “diverse in age, background and economic status”; there are also a variety of reasons why people are homeless, including housing and health issues.

The enumeration found that most of the county’s homeless are long-term residents. Of those counted, 56 percent said they had lived in the county for more than five years. 24 percent said they’d lived here for at least one year.

According to the Grand Jury report, those interviewed in January said they didn’t have a permanent residence because they were unable to pay rent (35 percent), were unemployed (20 percent) or suffered from low wages, divorce or substance abuse (15 percent each).

Final two defendants sentenced in Starkey case

Mustang Daily Staff Report
MUSTDANDAILY@gmail.com

Defendants Russell Taylor and Adam Marszal pleaded no contest to misdemeanor hazing in the death of Carson Starkey Thursday, July 8 in a San Luis Obispo County courtroom.

They will serve 30 days in county jail, be placed on misdemeanor probation for three years and must serve either 40 hours of community service or give two presentations to students on the dangers of hazing, according to KSBY news article.

Taylor and Marszal were two of four defendants in the case and will report to jail Sept. 17. Two other defendants, Zachary Ellis and Haithem Ibrahim, were sentenced June 8 to 145 and 45 days in jail respectively after pleading guilty to misdemeanor hazing. They too will also be placed in three years of informal probation.

Starkey, 18, died Dec. 2, 2008 during a fraternity pledge party at Sigma Alpha Epilon (SAE). He was found unresponsive at a house after an initiation event called “Brown Bag Night” where pledges were given large quantities of alcohol.

Taylor, Marszal, Ellis and Haithem reportedly tried to take Starkey to the hospital that night but returned back to the home after Starkey began vomiting in the car. The next morning he was taken to Sierra Vista Regional Medical Center where his autopsy showed he died of respiratory arrest due to alcohol poisoning and his blood alcohol ratio was between .39 and .45 percent.

Starkey’s death also brought a civil lawsuit between his parents and nine former SAE members, including the four being sentenced to jail.

Two companies sign leases at Technology Park

Sarah Parr
SARAHPARR.MCDONALD.COM

Two companies have signed formal leases at Technology Park, a 25,000 square foot building that will serve as a home for technology-based businesses to engage in applied research in development and further collaboration between industries and Cal Poly students and faculty.

Coutu Solutions, Inc. is a custom software company founded by Cal Poly business graduate Justin Couto in 2004 after his other company, Somnio World Web Solutions, was bought out. His company’s approximately 3,500 square foot space at Technology Park,
Post-earthquake Haiti continues to experience problems

Jacqueline Charles and Scott Haasen
McClatchy Newspapers

BLANCHARD, Haiti — For decades the people of this countryside hamlet have lived in the shadow of a hydroelectric dam, never rewarded with its light.

The dam has sucked water from farms in the dry season and drowned the fields in the rainy months. But the power lines run in only one direction, toward the broken capital.

"They sell the electricity to the bourgeoisie in Port-au-Prince," said René Fode, 29, of Blanchard, an arid hillside community across from the dam in neighboring Pélélε. "They don't even come and say to the people whose land they took, 'We're going to employ them, or their children,' so at least they benefit somehow."

Six months after the devastating Jan. 12 earthquake, Haitians remain hopeful that the billions promised in foreign aid will finally be able to extend the reach of the country's crippled power system to more than 30 percent of the population. But a clear strategy for reviving the critical energy sector — a deteriorating, barely functioning system that has withered in the wake of multiple blackouts — remains elusive.

"We will continue to just rebuild, that's what we are doing," said Luma Kendrick, an energy expert with the Inter-American Development Bank, which is financing several electricity projects.

For many Haitians, patience is wearing thin. In the northern city of Cap Haïtien — where the government had boasted of 24-hour electricity from a new power plant financed by the Venezuelan government — protests took to the streets last month, hurling rocks, complaining they had lived five months with no power.

And when blackouts snuffed out TV screens as Brazil's soccer team Haiti's sentimental favorite — fell to defeat in the World Cup this month, a frustrated radio announcer rebuked the government for failing to provide electricity in time to ensure that as the goal, but so far no one has stated that," said Reyne Jean-Juome, an energy expert with Haiti's Ministry of Public Works. "We have all of the strategies written out. There needs to be clear decisions made at the political level."

The chronic power problems have paralyzied Haiti's economy, scaring away potential investors as the international community seeks to boost private industry to pull Haiti out of the earthquake's wreckage.

"If you are operating an industry and you have power outages, that is a killer," said Carl-Andres Saiveur, chief investment officer for infrastructure with the International Finance Corporation, an arm of the World Bank.

After the earthquake, the Haitian government asked donors for $157 million to improve the electric system through 2011 as part of its national recovery plan. But $90 million of that was aimed at filling the electric company's budget hole.

The government has said it will need $547 million over the next three years to revamp the energy sector.

International donors, who have pumped up EDH for decades paying for repairs and deficits, now expect more from Haiti's government than renewed promises of reform. Some are pushing for more private investments, and others have put the government's budget hole.

"They get 50 cents on the dollar, and that is not a sustainable situation," said Shinji Yamamoto, chief investment officer for infrastructure with the International Finance Corporation, an arm of the World Bank.

After the earthquake, the Haitian government asked donors for $157 million to improve the electric system through 2011 as part of its national recovery plan. But $90 million of that was aimed at filling the electric company's budget hole.

The government has said it will need $547 million over the next three years to revamp the energy sector.

International donors, who have pumped up EDH for decades paying for repairs and deficits, now expect more from Haiti's government than renewed promises of reform. Some are pushing for more private investments, and others have complete privatization. The government has historically dodged hot-button issues.

Before the earthquake, the IDC and the World Bank had already committed at least $70 million to the power problem. The centerpiece of this plan: a $40 million repair job for the aging Peligre dam, built in 1956 and turned into a hydroelectric plant in 1971.

On paper, the hydroelectric plant is the largest of EDH's seven power plants. But the plant produces less than half of its capacity, because two of its three turbines are clogged with silt.

The dam's problems serve as a microcosm of the compounding dilemmas that face this country:

The plant's turbines choke on silt runoff that flows into the reservoir from the barren hillsides, where peasant farmers, seeking wood for fuel, cut down the trees that hold the soil.

The silt fills as much as half the reservoir, leaving less space for water, requiring more releases in the rainy season when storms can overflow the dam. The water releases often flood farm crops downstream, and send desperate farmers hunting for fuel wood above the dam. And with less water, the plant produces less power.

The cycle has been so devastating that some agencies have questioned whether the Peligre plant can be salvaged at all. A 2005 study for the U.S. Agency for International Development said the power plant could be rendered useless by 2017 without an aggressive rehabilitation plan to reduce silt runoff from the hillside.

Nevertheless, the Haitian government asked the IDC two years ago to finance repairs at the dam — without any rehabilitation plans.

The IDC and the government are also helping to pay for repairs. The IDC's Kendrick said more recent studies show the silt pipeline was no. 2.5002.250.1500.1000.500.0

"They still don't understand, or if, Haiti's electric company will extend its power lines to overlooked rural communities such as Blanchard — communities that have seen an influx of people after the earthquake. Pélélε, as the Haitian government is known, doesn't have electricity!"

"They get 50 cents on the dollar, and that is not a sustainable situation," said Shinji Yamamoto, chief investment officer for infrastructure with the International Finance Corporation, an arm of the World Bank.

After the earthquake, the Haitian government asked donors for $157 million to improve the electric system through 2011 as part of its national recovery plan. But $90 million of that was aimed at filling the electric company's budget hole.

The government has said it will need $547 million over the next three years to revamp the energy sector.

International donors, who have pumped up EDH for decades paying for repairs and deficits, now expect more from Haiti's government than renewed promises of reform. Some are pushing for more private investments, and others have complete privatization. The government has historically dodged hot-button issues.

Before the earthquake, the IDC and the World Bank had already committed at least $70 million to the power problem. The centerpiece of this plan: a $40 million repair job for the aging Peligre dam, built in 1956 and turned into a hydroelectric plant in 1971.

On paper, the hydroelectric plant is the largest of EDH's seven power plants. But the plant produces less than half of its capacity, because two of its three turbines are clogged with silt.

The dam's problems serve as a microcosm of the compounding dilemmas that face this country:

The plant's turbines choke on silt runoff that flows into the reservoir from the barren hillsides, where peasant farmers, seeking wood for fuel, cut down the trees that hold the soil.

The silt fills as much as half the reservoir, leaving less space for water, requiring more releases in the rainy season when storms can overflow the dam. The water releases often flood farm crops downstream, and send desperate farmers hunting for fuel wood above the dam. And with less water, the plant produces less power.

The cycle has been so devastating that some agencies have questioned whether the Peligre plant can be salvaged at all. A 2005 study for the U.S. Agency for International Development said the power plant could be rendered useless by 2017 without an aggressive rehabilitation plan to reduce silt runoff from the hillside.

Nevertheless, the Haitian government asked the IDC two years ago to finance repairs at the dam — without any rehabilitation plans. (OPEC and the German government are also helping to pay for repairs.) The IDC's Kendrick said more recent studies show the silt pipeline was no. 2.5002.250.1500.1000.500.0

"They still don't understand, or if, Haiti's electric company will extend its power lines to overlooked rural communities such as Blanchard — communities that have seen an influx of people after the earthquake. Pélélε, as the Haitian government is known, doesn't have electricity!"
Homeless
continued from page 1

The Grand Jury reported that though the demand for low-income housing services is down, there are many obstacles to increasing the volume of low-income housing such as "tening regulations on where such units can be built, restrictions on the number of units per acre that get approved, building codes that promote safety but inflate costs and political resistance from neighbors who fear for their property values." There are also health issues that may lead to homelessness.

In addition to dental and vision problems, joint injuries and depression, about 30 percent of the interviewees reported a physical disability, 25 percent a mental disability, and 9 percent substance abuse, according to the Grand Jury report.

The Grand Jury reported that no nonprofit service for the Luis Obispo homeless residents are coordinated by the Community Action Partnership for the Homeless (CAPSLO). This nonprofit organization runs Head Start programs, the Maxine Lewis Memorial Shelter, an "overflow" shelter that rotates monthly among religious organizations in involves the "Path to a Home" Coalition for the Homeless and the Prado Day Center. The organization also provides needed services for homeless persons in the county.

It is funded by several sources including the General Fund, which according to the Grand Jury, the organization spent $79,410,083 to run the Marine Corps Shelter and Prado Day Center and $2,492,893 on case management.

CAPSLO Deputy Director Grace McIntosh said existing services in the county just aren't enough.

"Our main goal is to get people off the streets and into permanent housing," McIntosh said. "The Prado Day Center is at maximum capacity and the Maxine Lewis shelter is falling apart.

In April, the nonprofit served 6,500 people at the Prado Day Center, the Maxine Lewis Memorial Shelter, and the facilities provided via the Interfaith Coalition for the Homeless. The center can serve 130 people daily, while the shelter sleeps 50 and Coalition facilities 35 overnight.

"We're working harder and more people away," McIntosh said. "We just don't have room.

CAPSLO cannot provide all the needed services, no homeless persons also rely on programs operated by the county.

The County Departments of Social Services, Mental Health Services and Drug and Alcohol Services assist eligible homeless people but government staff rarely seek the homeless where they live. Instead, the homeless have to travel to the agencies, which is difficult given their precarious circumstances.

Also, the Grand Jury reported that some clients might need services from multiple providers, but the "coordination and integration of services by the primary providers (Drug and Alcohol Services, Mental Health and Department of Social Services) is less than ideal."

To provide both housing and easier access to needed services, the county is currently in the process of approving a Homeless Services Center. If built, the center will provide overnight shelter and offices for county staff such as the Health Agency or Department of Social Services.

"The plan calls for 200 beds, a commercial kitchen capable of serving three meals a day, laundry facilities, showers, lockers and storage, offices for caseworkers, a classroom for children and community and multipurpose rooms," according to the Grand Jury report.

Tim Blatt, secretary of Friends of the Prado Day Center and author of http://twitter.com/HungerNoMore, said the center is supportive of the potential campus.

"As a local organization, he said, it is a countywide problem that could be solved with the campus because people would need to go to all over town to get help.

While there are individuals who would be the transient stereotype, Blatt said he's seeing "more and more families who are just down on their luck and just want to get by ... I think people would be surprised at how many women, children and families are in need."

The San Luis Obispo Planning Commission approved a use permit to the Homeless Services Center. June 23; the County Board of Supervisors also supports the plan. The center will be built on South Higuera Street adjacent to the Department of Social Services.

About local city government, the Grand Jury wrote that the homeless population's needs have not yet been met, despite the advent of nearly all of the city's Community Block Grant public services funds for 20 years. The Grand Jury also found fault with local government's work regarding "Path to a Home; San Luis Obispo Countywide 10-Year Plan to End Homelessness." Published in October 2008, the 86-page document was written by a consultant who had drafted plans for other areas with the same framework and used local data.

Though the cities and county have "accepted" the 10-year plan, the Grand Jury reported that it has not been "implemented" because "adoption" would require governments to implement the plan's objectives.

Former Grand Jury foreman Steve Martin/M should not return calls by press time.

The week allows diverse people to intermingle, Ton said.

"The best part of Pride (Week) is that the community comes together and the visibility of pride allows for more ally support and a family-friendly environment," Ton said. "Toni came out as bisexual dur­ ing her freshman year of high school, when she first attended Cal Poly, she had to come out again. Groups like Spectrum, Cal Poly's gay-straight al­ liance club, the Pride Center in the University Union and allies on cam­ pus have been very supportive, she said. Ton said in the past five years, Cal Poly has seen a change in LGBT at­ titude.

During Cal Poly's Pride Week in May, the "P" on the nearby hillside is painted in all colors of the rainbow. Five years ago during Pride Week, in protest of the celebration, the "P" was repeatedly re-painted white. This year, however, the "P" remained rainbow for the entire week.

"We've come a long way and I've seen that during my four years here at Cal Poly," Ton said.

Technology
continued from page 1

located off Mr. Bishop Road, will be the custom software company's primary headquarters and house both in core software and development team. The company will oc­ cupy the space beginning in No­ vember.

Comput Solutions, Inc. helps businesses build social networks by creating add-on products for pre-existing platforms, such as Telligent Community. Telligent Community provides all of the basics for in­ teractive forums to connect customers.

"In order to stay successful in business, it's really important to listen to what your customers want and providing a community around your services gives you the oppor­ tunity to really interact with your customers regularly and document it and ... have analytics on that so you can kind of see what the most important thing to your customer is and how you can best satisfy their needs which will keep you more successful," Couto said. Couto said he hopes the lease will help his company expand; its current office only has space for eight people but nine are em­ ployed.

"We hope to grow (at the Tech­ nology Park). We hope to establish a close relationship with students and faculty," Couto said.

Couto said he chose to become a part of the Technology Park because it is hard to find software engineers in the area. Couto also sees poten­ tial for a lot of synergy between the company and Cal Poly.

"We think it could help us and help Cal Poly with the collaboration we'll be able to do with our organizations," Couto said.

The company wants to work with the computer science and business departments for the development of internship programs, he said.

Jim Dunning, project manager of the Central Coast Research Partners­ ship (CRUP), said Cal Poly will bring opportunities to software engineers students in order to develop next gen­ erations software platform.

The CRUP provides opportunities for university-business collaborations, including managing the Technology Park. According to CRUP's website, CRUP helps businesses solve business and technology problems, develop and commercialize new technologies, reduce the time to market and enhance global competitiveness.

The main goal of the Technology Park is to facilitate collaboration be­ tween industry and faculty for research and development," Dunning said. Creating relationships between facul­ ty and students on research projects will give Cal Poly students the oppor­ tunity to join "hands-on" projects, take on internships and become part-time and full-time employees of companies that are located in the Technology Park, Dunning said.

"We think there's a big advantage to being so close to campus — about less than half a mile away — so stu­ dents can walk, ride their bikes, work a couple hours and come back and have classes when it's tough to do that far off campus," Dunning said. The park is a potential "home base" for all students.

"There are a lot of opportuni­ ties for students to interface with the companies that are out there," Dun­ ning said. "The best benefit (for Cal Poly) will be exposing the faculty and students to real-world problems in in­ dustries."

The first stabilized tenant Applied Technology Associates Inc. (ATA), a company that designs, builds and manufactures technology products for the oil industry, became a part of the Technology Park in order to foster a relationship with the university for joint projects between faculty, students and the company, said Tim Price, se­ nior vice president of engineering at ATA.

ATA helps to "infuse new tech­ nology and get the benefit of the en­ thusiasm and energy of the university," Price said. "We need a feed­ back loop of good people coming to the company who are innovative and high quality."

Price said he hopes future, energet­ ically Cal Poly students who will have worked with ATA will consider stay­ ing in the area and becoming full-time employees for the company.

ATA is also interested in hiring part-time students for 5,300 sq. ft. space available and engineering and computer science students in order to start new joint projects. Current space is available and is set to join the Technology Park.

Couto said he hopes to work with the Computer Science and Business Departments at Cal Poly.

"We're looking forward to interacting with them and having them come to what's going on here," Couto said.

"We hope to see a lot of synergy between the Technology Park and Cal Poly," Dunning said.

The Technology Park is also interested in hiring more than 11,000 sq. ft. of space at the park.

During Cal Poly's Pride Week in May, the "P" on the nearby hillside is painted in all colors of the rainbow. Five years ago during Pride Week, in protest of the celebration, the "P" was repeatedly re-painted white. This year, however, the "P" remained rainbow for the entire week.

"We've come a long way and I've seen that during my four years here at Cal Poly," Ton said.
Laughter yoga stimulates mind, body and funny bone

Raquel Redding
RARQUELRADDING.MOQMAIL.COM

Learning to laugh gives people a different way to deal with the world and their problems.

Bob Banner, who teaches people about laughter, will introduce the concept of laughter yoga at the community center next to the San Luis Obispo County Library Thursday night.

"Why be upset and be miserable when you can't change anything?" Banner said.

Instead, he said, try laughter.

"Laughter is contagious and associated with fun," Banner said. "You don't need a sense of humor, and you don't need to be happy to do it."

Banner learned about laughter yoga in December 2009. The practice teaches people to laugh at themselves and laugh more. The movements can be anything from hopping from foot to foot to dancing around the room. Banner said this makes a simulation of laughter that leads to genuine laughter.

Banner learned to be a laughter yoga teacher by studying under Dr. Madan Kataria of Mumbai, India, in March 2010.

Kataria learned the benefits of laughter when he wrote an article about laughing in 1995. He created a laughter club where people could laugh together. The laughter club relied upon jokes, which weren't always effective, he said. So he turned to his wife, a yoga teacher, to see if they could simulate laughing with the body.

She helped develop laughter yoga by explaining to the practitioners the correct ways to breathe. Breathing correctly keeps practitioners from getting light-headed or becoming dizzy, Banner said.

"You don't need a sense of humor, and you don't need to be happy to do it." Banner said.

While breathing is important, Banner also encourages practitioners to use what they learn in sessions in real life. In one exercise, Banner pretends to point and look at his watch while laughing. He said this will create an alternative response when people look at their watches and react to being late.

"It is the flexibility of choice," Banner said. "The choice to be in a good mood or the choice to be in a bad mood."

Eve Neuhaus, a local writer, opens her house to laughter yoga sessions four times a month. She said it is a great exercise that emphasizes the importance of breathing and incorporating that into a carefree lifestyle.

Vrja Sauer features laughter yoga classes at her restaurant Vraja's Kitchen on Sundays. She said people need more choices of how to relax.

"I believe in laughter yoga. We're on call all the time, but what about the fun in life," Sauer said. "I believe it can change people's lives."

Although she is relatively new to laughter yoga, Sauer said the laughter created from laughter yoga is natural and pure.

Banner starts the Thursday night event with a documentary entitled "Laughology," which follows journalist Albert Nerenberg across the world as he finds out why people laugh and where they learn to laugh. He interviews people who study laughter in different cultures.

"When you laugh, you change, and when you change, the whole world changes," Banner said, quoting Kataria.

The next laughter yoga session is at the community center downtown on July 15 from 7 to 9:15 p.m.

It helps people feel free. I think the exercises have made me able to take things a little more lightly.

— Eve Neuhaus
Local writer

"It helps people feel free," Neuhaus said. "I think the exercises have made me able to take things a little more lightly."

The movements are built for almost everyone — the most intensive requires a person to roll with their back on the floor. Banner said laughter yoga doesn't require any prior yoga knowledge and is for everyone.

Laughter yoga sessions, which combine laughter rituals, light exercises and neurolinguistic programming (NLP) technologies, are held at the community center downtown.

Take a break!
and visit
mustangdaily.net
• photo slideshows
• podcasts
• send letters to the editor
• post story comments

COURTESY PHOTO
Friday's release of the psycho-act-
ion-drama-thriller "Inception" is
shrouded in narrative mystery. Still,
someone should be able to explain
what it's about, right? Right? "Please
don't ask any questions," pleads ac-
tress Ellen Page, who's in the movie.
"Don't look at anything, don't sniff
around. Just go see it."

Lucky for Warner Bros., Page
doesn't work in its marketing de-
partment, which is doing a pretty
good job of not giving away the plot
to a movie it doesn't seem to under-
stand — or, at least, know how to
describe. Despite this, and a con-
cept that is distinctly un-Hollywood
(because it apparently requires more
than 10 words to explain), "Incep-
tion" is poised to become one of the
biggest hits in a summer that could
use a few more, and is being adver-
tised via effects-heavy trailers and
oblique references. Clearly, narra-
tive is not what the studio is trying
to sell. And that alone may make it
the most intriguing film to come
along all year.

"I've been interested in dreams
my whole life," said director Chris-
topher Nolan ("The Dark Knight"),
who based "Inception" on his own
original script. Roughly speaking,
the Leonardo DiCaprio headline-

Co-starring Marion Cotillard,
Joseph Gordon-Levitt and Tom
Hardy, "Inception" is also a bit of
an enigma: a thinking person's
summer movie. Producer Emma
Thomas doesn't disagree, exactly.
"I don't think audiences are given
time to understand — or, at least, know
how to describe. Despite this, and a
concept that is distinctly un-Hollywood
(because it apparently requires more
than 10 words to explain), "Incep-
tion" is poised to become one of the
biggest hits in a summer that could
use a few more, and is being adver-
tised via effects-heavy trailers and
oblique references. Clearly, narra-
tive is not what the studio is trying
to sell. And that alone may make it
the most intriguing film to come
along all year.

"I've been interested in dreams
my whole life," said director Chris-
topher Nolan ("The Dark Knight"),
who based "Inception" on his own
original script. Roughly speaking,
the Leonardo DiCaprio headline-

Co-starring Marion Cotillard,
Joseph Gordon-Levitt and Tom
Hardy, "Inception" is also a bit of
an enigma: a thinking person's
summer movie. Producer Emma
Thomas doesn't disagree, exactly.
"I don't think audiences are given
time to understand — or, at least, know
how to describe. Despite this, and a
concept that is distinctly un-Hollywood
(because it apparently requires more
than 10 words to explain), "Incep-
tion" is poised to become one of the
biggest hits in a summer that could
use a few more, and is being adver-
tised via effects-heavy trailers and
oblique references. Clearly, narra-
tive is not what the studio is trying
to sell. And that alone may make it
the most intriguing film to come
along all year.

"I've been interested in dreams
my whole life," said director Chris-
topher Nolan ("The Dark Knight"),
who based "Inception" on his own
original script. Roughly speaking,
the Leonardo DiCaprio headline-
Summer love is one of the most sought-after experiences for young people. The idea of spending lazy days half-naked in the sun with a companion is irresistible. Most likely you are reading this because you go to summer school and are finding out that it’s way harder to meet anyone in this town when everyone goes home — same deal for me.

One boring summer night I was searching the Craigslist classified ads for anything and everything. I already have a bike, car and furniture, and a job, so I sloppily clicked onto the “personals” section of the website. It’s no place to find a date or a friend and the amount of nudity and pervertedness present is extremely disturbing. Yes, the “personals” section of Craigslist often goes unnoticed, and after my experience, I think it should remain that way.

The personals are meant for viewers ages 18 and older, but security is lacking. Craigslist does give parents the ability to block children from accessing the ads. But if this is not done, all one has to do is click a second link, placed under a list of five warnings and disclaimers, to view it.

I was first introduced to the “personals” when my older sister told me about the “missed connections” section. This often overlooked section allows people to put up ads and anecdotes about someone they’ve already met but whose contact information they never received. The posts are created with the hope that the person they are trying to reach will read them. Most are titled something like “Hot blonde at Starbucks” and include a short description about the time of meeting.

Reading the posts has definitely been a small source of entertainment during boring summer nights, and the “missed connections” have also led me to the more active romance sections within the personals. The “18 and older” can post dating ads under the following categories: men seeking women, women seeking men, men seeking men and women seeking women.

I gave it a shot and posted my own Craigslist dating ad. I figured the entertainment outweighed the desperation and maybe I’d come out with a cure.

“Tall, active and ethnic-19,” it read. I was excited to see who would reply but also nervous because I know any creep can hide behind an e-mail address and cut me into little pieces if I’m not careful. Within a day I had received about eight responses, seven of which were from people older than 30. I humored myself and replied to a few just to see if they were trying to interact with a 19-year-old — all e-mail communication was done with a fake address, which I highly suggest. Quickly I was over having my ad up for anyone to see and decided to look under men “seeking women so I could be more in control and decide who I’d want to talk to.

One ad caught my eye: “Fill out my dating application! 20.” So I did. Mark*, the poster, and I got to know each other through e-mails, AIM and picture exchanges. It may sound extremely sketchy and dangerous, but I went for it — luckily he was real and had not lied to me about his age or enrollment at Cal Poly.

Mark and I met at a convenience store. I then hopped into his convertible sports car and he drove us to Montana de Oro. It was a great choice for a first date but the chemistry lacked. We haven’t talked since.

My curiosity still wouldn’t quit. I replied to a few more ads by Cal Poly students around my age but never met up with any. All the conversations were too bland and awkward to risk actually meeting in person.

Overall I say that Craigslist personal ads are a fail. There runs too much of a risk to actually meet up with someone and most of the people hunting aren’t college students.

It’s better to go to places you enjoy, like the beach, downtown or somewhere on campus to find a summer lover. That way, you already know what the person looks like, you can get an idea of potential shared chemistry and, if it doesn’t work at that moment, then I guess you try the missed connections.

However, if you’re a man seeking women, you might want to take a look because this subsection is extremely popular and out-posts the others hands down. But, you might see more nudity than Chantouette.

*Name has been changed.

Alexandra Scott is a journalism sophomore and Mustang Daily staff writer.

---

**Prozen**

In response to "I hate Comic Sans: A typophile’s rant against the kinderfont fad"

I didn’t know Dr. Marty Bragg was so passionate about Comic Sans ... hah, good to know.

---

**Brad**

In response to "I hate Comic Sans: A typophile’s rant against the kinderfont fad"

**NOTE**: The Mustang Daily features select comments that are written in response to articles posted online. Though not all the responses are printed, the Mustang Daily prints comments that are coherent and foster intelligent discussion on a given subject. No overspecialization, please.
Cal Poly's Matt Jensen snubbed at CNT trials

Mustang Daily Staff Report

Matt Jensen moved back to his more familiar defensive position at second base in the final game of the Collegiate National Team (CNT) Trials and belted a grand slam in the top of the sixth inning to lift the Red team to a 5-3 win over the Blue squad.

With the win, the Red team won the six-game series with a 3-2-1 record. The Blue squad finished 2-3-1.

Despite the grand slam, Jensen was not placed on the final 22-man roster announced late Sunday by manager Bill Kinneberg (Utah) and his coaching staff — Dave Serrano (St. Johns) and Nino Giarratano (San Francisco).

Trailing 3-1 in the sixth, Jensen turned on a fastball from Erik Sommerville (Francis Marion) and sent it over the left field wall, clearing the bases for the Red team to complete the comeback.

Jensen hit .375 with 15 doubles and nine home runs for the season.

Cal Poly second baseman Matt Jensen (above) hit .270 with seven doubles, six triples and two home runs last season, as last season, his coaching staff — Dave Serrano (St. Johns) and Nino Giarratano (San Francisco) — were the National Team will start a five-game friendly series with Korea Republic on Wednesday at the National Training Complex.

Jensen was a designated hitter and second baseman during his first three games of the series and played third base Friday, all with the Blue squad.

He was at third base for the Red team Saturday and at second base Sunday.

Jensen singled in the first game of the series Tuesday, won by the Red squad 4-1, and reached base twice on a walk and his bunting Wednesday in a nine-inning 5-5 tie.

On Thursday, Jensen drove in a run with a first-inning single as the Blue team beat the Red squad 6-1. The Red team won Friday 7-1, and Jensen was hitless in two at-bats for the Blue team.

Jensen played the entire game at third base for the Red team Saturday and was hitless in three at-bats as the Red fell to the Blue 5-3. He started at second base Sunday and hit third in the order.

Jensen, the first Mustang to be invited to the National Team Trials, actually has been invited each of the last two years, but had to sit out the 2009 trials due to a fractured clavicle.

Jensen hit .375 with 15 doubles, nine home runs and 53 RBIs for a freshman at Cal Poly en route to numerous postseason awards, including Big West Conference Freshman Player of the Year.

This year, Jensen missed the Mustangs' final 19 games after dislocating a knee during practice in late April. He was hitting .270 prior to the injury, finishing with seven doubles, six triples and a pair of home runs with 32 RBIs.

This summer, Jensen was playing for the Yarmouth-Dennis Red Sox in the Cape Cod League before traveling to Cary for the College National Team Trials. Jensen was 9-for-26 in his last seven games with Yarmouth-Dennis to improve his batting average 79 points to .275. He has three doubles and nine RBIs for the season.

Torii Hunter becomes victim of NL arms race

Baxter Holmes

ANAHEIM, Calif. — For the 2010 All-Star game, Anaheim was the site, Angel Stadium the ballpark and Torii Hunter the host, a role he long hoped for that became official when players voted the Angels center fielder onto the roster July 4.

He seemed excited that day, sounding like a campaigning politician when he noted how he would go to all the events, "have some fun, smile and kiss some babies."

Next time, if there is one, he may want to concede the pig to someone else, because, like other hosts before him, Hunter struggled when it was time to play ball.

His line in the National League's 3-1 win Tuesday: 0 for 2 with a strikeout and a game-high three runners left on base, including striking out with the potential tying runs on base in the fifth inning.

That strikeout came with two outs against St. Louis reliever Adam Wainwright, and Hunter, who was making his fourth All-Star appearance, admitted he was swinging for the fences.

"I was swinging so hard, it was unbelievable," said Hunter, who is now hitless in six career All-Star at-bats. "In that situation, you want to calm yourself down, but I was too anxious. I was trying to go deep.

Wainwright didn't let him, punching Hunter out with a low-90s cutter on a 1-2 count.

"I was thinking he was going to challenge me with a fastball, but he didn't," Hunter said. "He was there to win and you could see it in his eyes. He was ready to go."

Hunter, meanwhile, was dragging somewhat, and that could be blamed on his hosting duties.

"It was fun, but at the same time, it was tiring," he said. "I was up at 7 yesterday, 7 o'clock this morning. I think I was full of Red Bull and Pepsi. It was tough today."

Did playing the hometown hero wear on him in the days leading up to the game? "It does," he said. "It does wear you out. But at the same time, you can't use that as an excuse. I was having so much fun out there, man. Your adrenaline takes over. All the energy the Angels gave me, they gave me a little more energy. But I did have some pick-me-ups — coffee, you name it."

Hunter, chosen as a reserve for the game, came in as a defensive replacement in the fourth inning and finished it out.

Before his first at-bat, the moon-lysea-of-red crowd of 45,408 came alive, but largely because San Diego reliever Heath Bell, who came in to face Hunter, sprinted from the bullpen.

Hunter didn't give his fans anything to cheer after that, flying out with a runner at third base.

"I hit the ball hard, I just hit it too high," Hunter said.

Hunter's struggles as an All Star host aren't uncommon. St. Louis slugger Albert Pujols played the same role last year, going 0 for 3 at the plate and committing an error in the first inning that led to two AL runs.

Pujols too admitted he was tired.

Perhaps the position's taxing duties explain why only two players — Boston's Pedro Martinez in 1999 and Cleveland's Sandy Alomar Jr. in 1997 — have earned All-Star MVP honors in their backyard.

No matter. Hunter is just looking forward to the rest.

"I'm just going to kick back, relax with the family, probably sleep in until like 1 and go get some rest and heal the body and be ready to go Thursday."