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**corrections**
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The Mustang Daily reserves the right to publish or not publish. Student editors have full authority to have all comments approved or disapproved without consultation or advance approval.

The Mustang Daily is a free news paper. However, the removal of more than one copy of the paper per day is subject to the cost of 50 cents per copy.

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**Avoid Burnout**

We've got plenty of distractions.
Freshman, transfer students and parents,

Welcome to Cal Poly and the Week of Welcome edition of the Mustang Daily.

The Mustang Daily is a free publication written, edited, designed and printed entirely by students. Each year the editorial staff puts together an issue filled with stories for incoming freshman, transfer students and parents. In this particular issue, the editors and staff writers traveled up and down the Central Coast to visit the local beaches (pg. 64-66), spent hours browsing the Internet in search of the best procrastination websites available (pg. 37), and prepared a rundown of the fall Mustang games every student should mark on their calendar, including the top Mustang athletes to keep an eye on this upcoming fall season (pg. 80-81).

As you get acquainted to the pages of the Mustang Daily, feel free to also get to know the editorial and advertising staff. Located in building 26, room 226, the editorial and advertising staff work throughout the day to provide the students of Cal Poly with a daily newspaper worthy enough to represent the school and its students. Feel free to stop in and see what all the excitement is about, send us an e-mail with your story ideas or visit our website, www.mustangdaily.net, and share your thoughts on our stories. Want to write for the Mustang Daily? We invite all majors to join the staff so don’t be scared to send us an e-mail. We would love to hear from you.

Leticia Rodriguez, editor in chief
Patrick Leiva, managing editor

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Keep up your MUSIC at Cal Poly!
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MUSTANG MARCHING BAND
www.band.calpoly.edu
Pre-Band Camp: Mon-Thu 8:00 a.m.-6:00 p.m. RM 216
Band Camp: Fri-Sun (9/17-19) RM 216
1st meeting: Tues 9/21 @ 7:10 p.m. RM 216

SYMPHONY
www.symphony.calpoly.edu
Auditions: Sun 9/16 7:30 p.m. RM 126
Mon 8/20 7:00-9:00 p.m. RM 216
Tues 9/21 1:30-3:00 p.m. RM 216
Wed 9/22 4:00-6:00 p.m. RM 216
Thurs 8:00-10:00 p.m. RM 216
1st meeting: Wed 9/22 @ 7:10 p.m. RM 216

ARAB MUSIC ENSEMBLE
www.music.calpoly.edu/MER/ArabMusicEnsemble#name
1st meeting: Weds 9/19 @ 3:00-5:00 p.m. RM 216

CHOIRS
www.choirs.calpoly.edu
Auditions for new students:
Sun 8/19 11:00 a.m. RM 216
PolyPhonics 1st meeting: Mon 9/20 @ 11:00 a.m. RM 216
University Singers 1st meeting: Mon 9/20 @ 4:10 p.m. RM 216

JAZZ BANDS
www.jazzbands.calpoly.edu
Auditions: schedule online page
1st meeting - UCB: 8/19 @ 10:00 a.m. RM 216
1st meeting - UCC: 9/24 @ 10:00 a.m. RM 216
* Sign up for your interview/audition during Week One for the first week of classes at the Davidson Music Center (Aug 18)

- Please check ensemble Web page for more information
- A makeup for first meetings to check out music
- Tuition credit offered, instructions are provided
- Contact the Cal Poly Music Department

WIND ORCHESTRA & WIND ENSEMBLE
www.winderchestra.com
Auditions: schedule online
1st meeting: Weds 9/19
How WOW got its big break

Kristy Gonzales
kgonzales@calpoly.edu

Week of Welcome, more commonly known as WOW, has come a long way since its start. Over the years WOW has not only become a tradition at Cal Poly — for many, it has become a way of life.

Cal Poly was founded in 1901 and has always featured an orientation program. It is seen as a way for new students to ease their transition into life at Cal Poly.

"WOW is an initial push out of your comfort zone. It's about starting a new chapter in your life and realizing that you're not the only one in that boat," said Evan Ruhwedel, Executive Board member and recent graphic communications graduate.

An increase of enrollment over time brought about an increase in participation and the program developed into "Welcome Week" in 1976. Originally, this week was designed to train a team of student leaders, which generally consisted of club leaders and members of student government.

"One of the key areas that has evolved is growth in participation. With the rise in new student participation, we have also experienced a rise in interest of our student leaders," said Andrenice Kaiwi-Lenting, assistant director of Student Life and Leadership.

According to the WOW website, the program began as a week-long event with a two-day retreat, called "Welcome Round-Up Camp," at Camp Pinescrest and Camp Ocean Pines in Cambria. Bonding activities included ping-pong, volleyball, baseball, dances and discussions. WOW groups on average had 30 new students, at WOWWIN, and four leaders.

The 1960s were essential to WOW and set many of the standards that are still around today, such as smaller groups with only two Orientation Leaders and thousands of hours of volunteer work that go into planning WOW. According to the WOW staff, it is the largest student-run orientation program in the nation.

Meet the Staff

There are six Executive Board members, 61 WOW Team leaders, 600 Orientation Leaders and thousands of hours of volunteer work that go into planning WOW. According to the WOW staff, it is the largest student-run orientation program in the nation.

"Orientation programs, especially WOW, have always been progressive in implementing new ways to reach out to some very common topics and issues," Kaiwi-Lenting said. "WOW is not timid about being innovative."

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Leaders participate in many team-building events in preparation for WOW.
Anyone who approaches WOW with an open mind, ready to learn, ready to share, it will help them find their place.

— Andrene Kaiwi-Lenting
Assistant Director of Student Life and Leadership

The Executive Board is made up of six student volunteers that put in approximately 20 hours per week throughout the school year. Each member is assigned to a committee, as top of a handful of other responsibilities, such as building a mutually beneficial relationship between WOW and the community, planning events for the week, creating training programs and overseeing the orientation program.

WOW is now structured into three student leadership tiers: the executive Board, WOW Team and Orientation Leaders.

The volunteers learn the importance of inclusiveness, helping others, and much more throughout their training, but for many the biggest benefit is getting to know oneself on a deeper level.

It's a great way to develop as a leader, to see yourself evolve and become more comfortable with who you are, and also seeing others go through that too," Caudle said. WOW is unique to Cal Poly and a gateway into the university life for freshmen and transfer students.

"All I know is that there is nothing like WOW," Ruhwedd said.

The Orientation Leaders work in groups of two to welcome freshmen and transfer students and provide them with necessary knowledge.

"A lot of times people don't realize how much programming goes into getting students the information they need," Caudle said.

"It's more than just doing it for the sake of doing it."

Students spend nearly 100,000 hours every year planning and organizing WOW. What's more: all of this time is volunteer work.

"Everyone involved makes a conscious choice to give their time. Nobody is forced to be there. Everyone is there for the benefit of someone else," said Charlotte Cashell-Varga, WOW team member and history senior. "Most people get involved because it's beneficial to the transition of the new student class and transfers and feel that they are rewarded in the process."

Many of the students think the benefits of being a volunteer far outweigh their time spent.

"I like volunteering because it gives me a lot of things to do and so many things to be a part of. For me, it's more than doing it for the sake of doing it," said Paul Banel, Orientation Leader and electrical engineering senior.

Recently Banel turned to his fellow WOW leaders to ask for help with a 5K run he is organizing for the Cal Poly Trail Runners club and immediately received several e-mails from eager WOW volunteers. Banel said the members of WOW have been a great support system for him.

"Everyone that does WOW loves to help others," he said.

The volunteers learn the importance of inclusiveness, helping others, and much more throughout their training, but for many the biggest benefit is getting to know oneself on a deeper level.

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"All I know is that there is nothing like WOW," Ruhwedd said.
Hunger? Grab your Poly Card

Margaret Pack
MPACK@CALPOLY.EDU

Cal Poly freshmen that live in on-campus residence halls are mandated to purchase a dining plan but many may not realize exactly what is included. There are three different meal plans to choose from that combine meal credits and plus dollars, so students can use their meal plan to buy almost any food available on campus.

The Freedom Plan includes eight meal credits per week, the Flexibility Plan has 10 meal credits per week and the Value Plan has 12 meal credits per week. All three also include plus dollars that are allotted quarterly — dollars that are credited on a student’s account and can be used to buy food on campus. The Freedom Plan includes the most with $475, followed by Flexibility with $300 and Value with $75.

Plus dollars are added to students’ accounts at the beginning of every quarter; however, any excess rolls over until the end of spring quarter. But meal credits expire at the end of every week — beginning Saturday morning and ending Friday night, said Yukie Nishinaga, Marketing and Public Relations director of Campus Dining.

Meal credits can be used at three locations on campus: 19 Metro Station, VG Café, Sandwich Factory and, starting this year, Einstein Bros. Bagels in Poly Canyon, Nishinaga said. If a student’s meal costs more than is allowed for a meal credit — $7.90 for breakfast, $8.75 for lunch, $10.75 for dinner and $8.75 for late night — it is possible to make up the difference using plus dollars.

Cal Poly's meal plan is not an “all you can eat buffet.” Instead, set meals allow for minimal waste, as well as a more quality product and increased variety, Nishinaga said.

For example, 19 Metro Station has five different stations: a salad bar, an Asian food station, a “homeward bound” station (with classic hot dishes), an Italian pasta station and a grill menu, along with a variety of grab-and-go items, Nishinaga said.

Soil science sophomore Samn Buono said she used her meal credit mostly at VG Café and Metro. “If I had to use a meal credit, it was definitely for a scramble at VG for breakfast or lunch. They make them right in front of you, and you can add whatever you want,” Buono said. “But, I thought that Metro had

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The most difficult part about decreasing student enrollment to where it needed to be for fall quarter was rejecting more than two-thirds of Cal Poly's freshman applicants, Provost and Vice President for Academic Affairs Robert Koob said.

Cal Poly, along with the rest of the California State University system, was told by the chancellor's office to cut student numbers this year in order to save money. The decision per Cal Poly on track to meet the required enrollment target set by the chancellor's office of 15,782 full-time equivalent students.

Last year's total enrollment for the 23 CSU campuses peaked at 375,000 full-time equivalent students but was reduced to 343,000 by the end of the school year. The chancellor's office was forced to shave the number to 310,000 this year because of a $685 million budget cut to the CSU system, said Eric Forbes, director of enrollment management services for the California State University.

By rejecting more freshman applicants, dismissing students on academic probation and helping students that have been enrolled for more than four years to graduate, Cal Poly was able to achieve enrollment goals.

A record 33,626 freshmen applied for fall of which the university selected 16,918. The final number of those who accepted offers will be available in September, but an estimate is about 3,500 new freshmen, Koob said.

Students surpassing four years were forced to graduate in order to cut numbers as well. Those were students who had waited to take their final units in order to maintain class offerings, post-pone graduation or stay in San Luis Obispo.

"About 10 percent of our incoming class this year will be from out-of-state. The reason for that is they don't count against our in-state enrollment," Koob said. "They pay a large tuition that covers the cost of attendance here, so they allow us to keep more faculty and staff employed."

The university's average cost of attendance per student was at about $12,000 per year, Koob said.

Last year's freshman class had already been admitted when budget cuts were instituted, so the university had to use furloughs to make up for the cost deficit, Koob said.

With no furloughs this year, the total number of out-of-state students was essential for Cal Poly to maintain the enrollment within each classroom, Media Team Leader Suda Momburg said.

"Almost all of our out-of-state students was essential for Cal Poly to maintain the enrollment within each classroom", Momburg said. "It costs less money to have one professor teach one class of 120 students than it costs five professors to teach five classes of 20 to 30 students."

Other ways Cal Poly saved money was by decreasing the number of decisions offered, by asking more professors to teach general education classes and by suspending several building projects, Momburg said.

"With more out-of-state students, the trademark small classes would have to be changed to more traditional lecture hall type classes," Momburg said. "It costs less money to have one professor teach one class of 120 students than it costs five professors to teach five classes of 20 to 30 students."

Sorority recruitment

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Budget cuts cause enrollment cuts

What is a full time equivalent student?

- Start with...
  Total Students (Fall count)- 16,779
  Undergraduate: 16,360
  Post-Baccalaureate: 43
  Graduate: 385

- Divide total Student Credit Units (SCUs) by one full-time equivalent student (FTES)

- One FTES equals 15 SCUs for undergraduate and post-baccalaureate students

- One FTES equals 12 SCUs for graduate students

Total Student Credit Units (SCUs): 234,227
Undergraduate: 219,676
/15 = 14,645.1
Post-Baccalaureate: 446
/15 = 29.7
Graduate: 4,105 / 12 = 342

Add together to get total number of FTES

= 14,645.1 + 29.7 + 342
= 15,016.9

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Meal Plan
continued from page 10
better options usually for lunch and
Campus Dining continues to change the meal options given depending on student input.
"A lot of feedback we were getting (in the past) included adding more vegetarian options," Nishinaga said. "The reason why we make changes is 100 percent because students ask for them.
Adding more vegetarian options also meant healthier options, she said. "There was a girl on my floor (in the residence halls) who was a vegetarian, and the black bean burgers at Metro and VG's were her favorite. She also loved the veggie wraps and veggie pits at both Sandwich Factory and the Avenue," Buono said.
Nishinaga said there are different ways to satisfy students with special dietary needs.
"There are awesome local vendors that provide products at Campus Market that provide amazing vegan and vegetarian options — almost everything is modifiable too, such as sandwiches and pastas," Nishinaga said.
Biological sciences sophomore Victoria Phillips said she would have liked more variety, but said the food was edible.
Phillips said that during her freshman year she didn't like how the smallest meal plan option was still eight meal credits, which were too many for her since meal credits can only be used at certain locations of campus. She said she would definitely suggest the meal plan with the smallest number of meal credits.
"Even if you lose meal credits, you can still use plus dollars to buy a meal," Phillips said. Even if a student has plus dollars left over at the end of a quarter or the year, the university offers such things as school supplies and shirts at Campus Market for this exact purpose. However, meal plans can only be used for food.
"I usually used my plus dollars at the end of the quarter at Campus Market," Phillips said. "I didn't use a lot of my meals and they went to waste."
Cal Poly Campus Dining works to not waste the food that would otherwise be thrown away. In February 2009, Campus Dining brought back pus Market for this exact purpose. However, meal plans can only be used for food.
"Until spring 2009, Campus Dining brought back Market," Phillips said. "I didn't use a lot of my meals and they went to waste." Cal Poly Campus Dining works to not waste the food that would otherwise be thrown away. In February 2009, Campus Dining brought back an old Cal Poly tradition of composting old food material, which in the past had been done by students, and now is done by the local company Engel & Gray Inc., Nishinaga said.
"We compost approximately 300 tons per year, almost 200 pounds of cardboard is recycled and, furthermore, we use a lot of our old fry oil to fuel our bio-diesel trucks for Campus Dining," Nishinaga said. "We also create a relatively small carbon footprint since our Campus Dining trucks are only needed to transport on campus, and 50 percent of them are electric and biodiesel"
Additionally, Campus Dining is now involved with social media, utilizing both Facebook and Twitter, to share PolyDeals that inform students about updates and deals for eating on campus.

Students
continued from page 12
The upcoming school year's recruitment of students has already been completed so no additional student numbers will be cut this year, Koob said.
Whether or not Cal Poly will continue to decrease enrollment and make adjustments to save money next year remains to be seen.
"That depends entirely upon what happens with the state's budget," Koob said. "The numbers may change but a rough estimate says it will remain constant or rise slightly.

Suspended Building Projects:
• Graphic Arts - Refurbish air handling units
• Walter F. Dexter - R&R air handling units
• Mathematics and Science - Refurbish air handling units
• Robert E. Mott Physical Education - Refurbish air handling units, replace scalloped roof
• Engineering South - Install hot water heat exchanger
• Administration - Replace weather stripping
• Robert E. Kennedy Library - Reroof Kennedy Library eyebrow roofs
• Cechetti Education - Replace gutters
• Architecture and Environmental Design - Replace door 101 and hardware door 302
• Ag Engineering - Paint inside and out
• Engineering - Window treatment replacement
• Walter F. Dexter - Replace penthouse roof

Meal plan tips:
• Avoid wasted meal credits by using them on:
  1. Bottled beverages
  2. Snacks (chips, fruit, etc.)
  3. Frozen treats (at VG Cafe)
• Wake up early to use a breakfast meal credit at:
  1. Sandwich Factory
  2. Einstein Bros. Bagels
• Plan to eat at late night
• Conserve plus dollars, use meals first
• Spend the whole meal credit value

Constant Kate

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California loses second bid for Race to the Top education grant

Connie Llanos  
DAILY NEWS, LOS ANGELES

California students will miss out on $700 million in education grants after finishing among the losing states in the second round of the federal "Race to the Top" contest, U.S. Department of Education officials announced in August.

Los Angeles Unified could have come home with $120 million from the contest, which aims to reward states with reform-minded teachers unions and administrators.

Department of Education officials said detailed explanations for picking the 10 winners, including the District of Columbia, Massachusetts, New York and Ohio, would be released Wednesday.

They will split a pool of $3.25 billion in grants.

"While peer reviewers rated these 10 as having the highest scoring plans, very few points separated them from the remaining applications," a department statement said. It added that quality of the applications and the limited availability of money were the main factors in the decision.

U.S. Secretary of Education Arne Duncan said Tuesday that if there were more money for round 2 finalists, California would have made the cut.

"California is a state of particular interest and potential," Duncan said. "I am really sad and disappointed that we were not able to fund California."

In the end, California came in 16th of 19 finalists.

After a disappointing finish during the first round of Race to the Top earlier this year, California took a unique approach to its application by having seven local school chief's -- including Los Angeles Unified's Ramon Cortines -- write the application based on reforms implemented in their individual districts.

"I am very disappointed... We gave this our best shot," Cortines said. "I don't know how you leave out 6 million children," Cortines said referring to California's total student enrollment.

Designed to spur innovative ideas among educators, the Race to the Top contest asked states to submit applications on plans to improve student achievement, focusing on areas that the Obama administration has deemed priorities in education reform.

Cortines and superintendents from Fresno, Long Beach, San Francisco, Sacramento, Sanger and Clovis school districts put together a 188-page application that proposed expanding the use of student data to improve academic achievement.

The application also laid out plans to improve math, science and tech-

see Grant, page 21
Science and Mathematics building to undergo demolition

Tim Miller
CIRCATTI@GMAIL.COM

Cal Poly revealed how the new Science and Mathematics Building demolition and construction would impact the campus in July.

The plan shows what parts of campus will shut down to accommodate demolition and construction of the new building, which will be located in the middle of campus, between North Polyview Drive and Via Carta.

"It's going to disrupt this part of campus," said Philip Bailey, dean of the College of Science and Mathematics. "It'll be tough for two and a half years."

The difficulty will be worth it, Bailey said. The new, six-story building will be almost 200,000 square feet and have enough study space to rival the University Union.

To start the major demolition of the building, fences are to be put up during Week of Welcome. The project, which has been in the works for more than 15 years, received the money needed to continue plans and complete construction.

"We were very unlucky. We thought we would occupy in fall 2008," Bailey said.

Funding for the new building came mostly from a $400 million state bond, which added $105 million to the $19.5 million raised by private donations, Bailey said. The state had previously approved funding for the design of the building and another bond will provide for the furniture in the building, putting the total project budget at $136 million.

The $400 million bond supplied the University of California and California State University systems with funding for similar building projects.

StKT 1, Ij0iqW?

The architect company, Zimmer Gunsul and Frasca Architects, has been working on the plan for a year. Gilbane Construction Company is now working with the architect to finalize the plans.

Some of the projects Zimmer Gunsul and Frasca Architects have worked on include designing more than a million square feet of space for Microsoft and the Portland International Airport. Gilbane Construction Company is familiar with the Cal Poly campus, having built the Engineering IV building, which is more than half the size of the new Science and Math Building.

Along with reconstruction of the Science and Math Building, an upgrade to the Central Plant will provide the new, larger building with air conditioning, said Joel Neel, senior associate director for Cal Poly Capital Projects.

The upgrade will increase the chiller capacity to handle what is required for the Campus Master Plan and put the entire campus on the same cold-water loop. The plant's cost is set at $12 million, which will come out of the $105 million bond, and maintenance will be paid by the state, Neel said.

"It won't," he said.

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This article was previously published on July 8, 2010.
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SLOcal laws you need to know

Karlee Prazak
KARLEF.PRAZAK.MD@GMAIL.COM

San Luis Obispo, like any city, has the right to enforce its own city ordinances. It is important to be aware of the unique laws that community members must abide by and what local police, both the San Luis Police Department (SLOPD) and the University Police Department (UPD), must implement.

Going face-to-face with the law can be detrimental to academics, bank accounts and future endeavors. New and returning students should be acquainted with local laws before beginning the new academic year so that an unfortunate encounter with the "five-0" can be delayed or avoided completely.

Every law is aimed at keeping the San Luis Obispo community safe and reduce disturbances around town. Some city ordinances are geared mainly towards homeowners and renters, but everyone should be aware of them.

Go out responsibly and keep the following laws in mind when around town.

see Laws, page 19

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Laws
continued from page 18

Other
interests
to be aware of:
- closely monitor guest
- keep party indoors
- play music at lower levels
- use covered containers
- keep the lights low
- don't harm the tree
- don't alter the site
- remove trash the night
- make bartender request
- bundle

Ways to avoid
any of these
laws:
- smoke
- keep noise in place
- obey noise and law
- use water products
- play music at lower levels
- use covered containers
- keep the lights low
- don't harm the tree
- don't alter the site
- remove trash the night
- make bartender request
- bundle

Noise Violation
What is it?
* It is different from an unruly gathering — you can get
cited for both in one night if a party grows into an
unruly gathering after receiving a noise violation.
* Loud noise can be heard further than 50 feet away from
the property between 7 a.m. and 10 p.m. or across the
property line between 10 p.m. and 7 a.m.

Fines and consequences
* First citation: $350
* Second citation (within a 12-month period): $700
* Third citation (within a 12-month period): $1,000
* Residence is put on Disturbance Advisement Card
(DAC) for 9-months — this alerts police that there is
no courtesy warning because of repeat offenses.
* Landowners are notified.
* Student Neighborhood Assistance Program (SNAP)
employees may, but are not required, to alert first time
offenders.

Smoking restrictions
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the first city in the world to ban smoking from all indoor
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SLO county sees more than 200 whooping cough cases

Sarah Parr
SARAHPAULMMAIL.COM

San Luis Obispo County has seen 210 of approximately 900 confirmed, probable or suspect cases of pertussis, or "whooping cough," in the state so far this year, according to San Luis Obispo Public Health Services.

As of early July, no related deaths have been reported in the county. The county had 19 pertussis cases during the past two years. San Luis Obispo Public Health Services epidemiologist Ann McDowell, said outbreaks usually happen every three to four years because the susceptible population grows.

"We're not sure to have one of the worst outbreaks in 50 years. This is an ugly one," McDowell said. "We've had cases from people as young as 10 weeks and as old as 91 years."

The California Department of Public Health clinical case definition of pertussis is "a cough or illness lasting at least two weeks with one of the following: paroxysms of coughing, inspiratory "whoop" or post-tussive vomiting without other apparent cause."

The "whooping" sound is a result of loss of breath from coughing so hard. "Pertussis is a miserable disease," McDowell said. "You cough and hack."

Public Health Services test for pertussis by taking a swab that will be examined in laboratory tests; the swab test is the only way to be diagnosed with pertussis.

McDowell said treating infants is top priority for health officials; only two local infants were hospitalized as of early July. Infants are most susceptible because they haven't received all of their booster shots, which are usually received at 11 months and prevent the disease.

However, infants aren't the only ones in need of the booster shot. Anyone 11 years or older should have a tetanus, diphtheria and pertussis, or Tdap, booster shot because childhood vaccinations wear off in adulthood, McDowell said. One Tdap vaccination as an adult will protect someone for the rest of their life. The Tdap vaccination has no known serious side-effects.

"The best offense (to pertussis) is a strong defense — in this case, having been immunized," said David Harris, M.D., head of medical services at Cal Poly.

Harris roughly estimates 10 percent of Cal Poly students have no immunity against pertussis or other diseases. "It's a very, very difficult situation to keep everybody healthy because you (students) like to share your bugs," Harris said. "On top of that, you're stressed, you're packed like sardines and you can't afford to stay home and recuperate, so you go to school sick and germs are shared."

Biochemistry junior Doug Amato recalls feeling at risk for illnesses and disease when he lived with 32 other men on one floor of the Sierra Madron dorms two years ago.

"If one person got sick, usually everyone got sick," Amato said. Harris said a campus-wide pertussis epidemic is unlikely during summer because the students get "out of this packed, herdlike existence."

In the event of an outbreak, the San Luis Obispo Public Health Services would take over campus health. Cal Poly Health Center offers the Tdap vaccination for $35; San Luis Obispo Public Health Services charges $25. No appointment is needed at either location.

This article was previously published on July 8, 2010.

Whooping cough
Pertussis, also known as whooping cough, was a major killer of infants in the United States before widespread vaccination efforts began in the 1940s.

Reported pertussis cases, U.S., 1922-2009

Instances of pertussis, also known as whooping cough, in the U.S., 1922 to 2009.
Dogs and other pets welcome at Florida college dorm

Luis Zaragoza

Jasmine Parham's new college roommate is a dear friend from back home.

The roomie responds to "Leo" and never goes to class, but can perform some neat tricks.

Leonora, a frisky border collie, and her owner, Parham, are among the first residents of the first pet-friendly dorm at Stetson University in Deland, Fla.

About 20 students and their pets - dogs, cats and a few caged gerbils and rats - are taking up residence at Nemec Hall, an established dorm, as the fall semester begins.

Stetson is not the first college to have a pet-friendly dorm, but it's among the relatively few schools - perhaps a dozen or so across the country - that have formal policies and accommodations. Stetson officials say the dorms could become a recruitment tool that helps set the university apart, just as it does for other schools such as the University of Central Florida, Eckerd College, a private school in St. Petersburg, Fla., has had pet-friendly dorms for years. So has Stetson.

The idea behind the dorms is to give students - freshmen, in particular - a familiar presence as they make the sometimes stressful transition from home to campus.

"What better way to do that than to have a family friend there to greet you when you get out of class?" said Justin Williams, the university's director of housing and residential life.

"It's about quality of life." Duffy said. "It's about something more than just a place to live."

Small pets in some campus dorms.

The plan at Nemec Hall is to have up to 30 small pets in some campus dorms.

Many schools, especially public ones, may shy away from pet-friendly dorms because of liability worries connected to animal attacks or building maintenance, Stetson officials said. Students sign an agreement that sets out terms. Obedience training is required for dogs. Aggressive or noisy animals can be sent home.

In establishing policy at Stetson, the welfare of the animal was a priority. So inspections will be held to make sure students are caring for their pets properly.

Students pay a $400-a-year surcharge to get a pet-friendly dorm room, with $200 of that refundable if the room is kept in shape. Part of the fee goes toward pet-related costs, such as establishment of a fenced dog walk near Nemec Hall. The rooms designated for pets are singles instead of standard double-occupancy rooms to avoid having cats and dogs as roommates.

Not all animals are allowed. Dogs 30 pounds and less are OK, as are cats and caged rodents such as rats, gerbils and hamsters. Small fish and turtles that can reside comfortably in small water tanks are fine, too. Because of potential odor issues, birds, most reptiles and rabbits are not on the approved list. Depending on how things go this year, however, the list may be expanded and the dog-weight limitation could be relaxed.

"It's too soon to tell whether Stetson's pet-friendly dorm experiment will expand. Nemec Hall can accommodate up to 34 students with pets. Two additional rooms for resident staff also are pet-friendly.

"For a lot of people, pets are like members of the family," Duffy said. "It's about quality of life."

Grant

continued from page 14

tech programs and have up to 30 percent of a teacher's evaluation on student test data.

After the application was complete, some 100 school districts and 200 independent charters in the state signed off and agreed to implement the plans.

Missing from the list of supporters though were local and state teacher's union leaders, who vocally opposed the state's application.

Corinnes, who was one of five California delegates who went to Washington, D.C., to present the state's application, said he was questioned about the lack of union support for the plans.

"I was grilled on that question... but I said I was confident that within the time period of 13 months we could bring them along," Corinnes said.

Local and state-wide labor leaders denounced the idea that they were somehow responsible for the state's failure to win the contest, which they also criticized as unfair.

"From our perspective, we don't believe that this Race to the Top, this racing and competing is the way to go," said Sandra Jackson, spokeswoman for the California Teacher's Association.

"It creates winners and losers," A.J. Duffy, president of United Teachers Los Angeles, said the local teacher's union abstained from supporting the application because labor leaders were not included in creating the reform strategies.

"I don't believe we were engaged in meaningful discussions with the district," Duffy said.

"When you're dealing with somebody that wants you to be collaborative, but they have an agenda, it makes things a little difficult."

The Race to the Top grant contest enticed districts to take bold action in education reform with the promise of more than $4 billion in federal awards.

Delaware and Tennessee were selected as winners in the first round of the contest this past spring and were awarded $100 million and $500 million respectively.

The winning states were: Florida, Georgia, Hawaii, Maryland, Massachusetts, New York, North Carolina, Ohio, and Rhode Island.

Duncan said he would like a third, fourth and fifth round and has requested $1.35 billion to fund more Race to the Top grants.

Other Los Angeles education leaders shared Corinnes' disappointment.

"I was disappointed to learn today that, once again, California's application for Race to the Top funding was declined," said Mayor Antonio Villaraigosa.

"It is my strong hope that we will learn from our efforts in the first and second rounds and put that knowledge to good use to secure other federal funding."

On Aug. 24, $45 million in federal School Improvement Grants were approved for nine LAUSD campuses.

The money is earmarked for the state's 1,000 lowest performing schools.

Among the winners, which receive from $4.9 million to $5.6 million over three years, are five of Mayor Antonio Villaraigosa's Partnership of Los Angeles Schools.

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California State University officials are concerned that they have erroneously mixed public and private funds in accounting for the foundations that support the system's 23 campuses, according to a report by the California Faculty Association.

The report is based on minutes from a series of closed-door meetings of CSU executives that a political researcher for the professors' union said she discovered online.

Minutes from a May 2010 meeting of the university's top business officials say they were trying to "clean up any mess before it gets to be bigger."
In January 2009, there were approximately 3,829 homeless residents in SLO, which accounted for approximately 1.5 percent of the population.

The report addresses how to aid the homeless in the short- and long-term. To make its recommendations, the Grand Jurors interviewed related experts extensively, including county officials, staff members of local non-profit organizations who work with 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.

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 Grand Jury reported that though the demand for low-income housing outweighs the supply, there are many obstacles to increasing the volume of low-income housing such as "zoning 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 infringe 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 the most important services for San Luis Obispo homeless persons are coordinated by the Community Action Partnership (CAPSLO). This nonprofit organization runs Head Start programs, the Maxine Lewis Memorial Shelter, an "overflow" shelter that rotates monthly among religious organizations involved in the Interfaith Coalition for the Homeless and the Prado Day Center. The organization also provides case management services for homeless persons in the county.

It is funded by several sources including county and city grants; according to the Grand Jury, the organization spent $878,088 to run the Maxine Lewis Shelter and Prado Day Center and $244,895 on case management last year.

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 short."

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

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Thurs., Sept. 23: Bisexuality Day from 11 a.m. - 1 p.m. in UU Plaza
Sun., Sept. 26: Online Chat hosted by PRISM Peer Counseling Team, 8 - 10 p.m.
Mon., Oct. 11: National Coming Out Day from 11 a.m. - 1 p.m. in UU Plaza and 7 p.m. in UU 221
Wed., Oct. 13: Ally Training Workshop from 11 a.m. - 1 p.m. and 3 - 5 p.m. in UU 216

WOMEN'S PROGRAMS

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From September 20 and on, we will be recruiting for members of the Women's Leadership Council and for new volunteers for our sexual assault education and prevention program called SAFER.

Wed., Sept. 29: Our 1st Open Mic night of the year from 7 - 9 p.m.
Tues., Oct. 12: Love Your Body Day from 7 - 9 p.m. in UU 220
Wed., Oct. 13: Wellness Fair from 11 a.m. - 1 p.m. in UU Plaza

SAFER

Go to studentlife.calpoly.edu/safer for more info.

Mon., Sept. 20 - Tues., Oct. 19: 1st 30 Days Campaign to educate students on ways to be "safer" on and off campus.

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Thurs. & Sat., Sept. 16 & 18: WOW Day of Service
Tues., Oct. 5: Volunteer Fair from 11 a.m. - 1 p.m. in the UU Plaza
Sat., Oct. 23: Make a Difference Day

MULTICULTURAL CENTER

Go to studentlife.calpoly.edu/multicultural for more info.

Mon., Oct. 4: Film screening of "Chen" in UU 204 from 7 - 9 p.m.
Wed., Oct. 6: Another Type of Groove in Chumash from 7:30 - 10 p.m.
Mon., Oct. 11: Panel on AZ Immigration Law in UU 204 from 4 - 6 p.m.
Sun., Oct. 17: CultureFest at Mitchell Park from 11 a.m. - 5 p.m.
Wed., Nov. 3: Another Type of Groove in Chumash from 7:30 - 10 p.m.
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California officials make Berkeley revise freshman DNA testing project

.auré Rosenhall
HE SACRAMENTO BEE

Public health officials are forcing UC Berkeley to make a major change to a controversial freshmen orientation project that involves testing students' DNA, the university announced.

Instead of giving each student who submitted a saliva sample the results of their individual test, UC Berkeley will only report aggregate test results.

"Students will not have access to the information in their own genome. I think that's unfortunate," Mark Schlissel, dean of biological sciences at UC Berkeley, said.

The change comes after the state Department of Public Health ruled that the university's plan to give students individual results of their DNA tests amounted to making a medical diagnosis. According to state and federal laws, medical tests must be requested by a doctor and performed in credentialed laboratories.

UC Berkeley argued that its project—called "Bring Your Genes to Cal"—was academic research, not medical testing. The law allows genetic tests for research purposes to be performed in a greater variety of labs, and they do not have to be requested by a doctor.

UC Berkeley looked for a lab with the appropriate certification to perform the tests but couldn't find one willing to do it because of the relatively small scope of the project, Schlissel said. Even if it found a lab, he said, the university would be unable to give students their own results because state public health officials ruled that to do so, the tests would have to be requested by a doctor.

"We do disagree with the Department of Public Health but we respect their authority under the law," Schlissel said. The saliva samples will be analyzed in a campus lab, which is not certified to perform medical tests.

In a prepared statement, Kevin Reilly, a deputy director of the Public Health Department, said the state law on laboratory testing is designed to protect the public by ensuring that testing provides accurate results.

UC Berkeley claims the project, "Bring your Genes to Cal" is academic research, but the California Department of Public Health ruled that the program would be "making a medical diagnosis," and must be requested by a patient's doctor.

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MUSTANG DAILY
What they’ll be talking about

The stories that made us say “Wow!”
“Really?”
and “OMG!”
this summer

A California judge ruled that the voter-enacted ban on same-sex marriage, known as Proposition 8, is unconstitutional. In his ruling, Chief U.S. District Judge Vaughn Walker wrote that Prop. 8 did not serve any purpose except to “enshrine in the California Constitution the notion that opposite-sex couples are superior to same-sex couples.” The ruling comes following a lawsuit by two same-sex couples and the City of San Francisco, claiming that Proposition 8 deprives them of due process of the law and equality rights.

BRIAN BAKER, THE SACRAMENTO BEE

Cal Poly senior Michael Linn won $669,493 in the seventh World Series of Poker $1,500 No-limit Hold 'em championship on July 1, after competing against 269 other players for 11 hours in Las Vegas. "It is kind of hard to wrap your mind around it," Linn said. Linn's decision to enter the world series at age 21, the minimum age requirement, paid off. In 2009, his earnings totaled $40,000, bringing his total world series earnings to approximately $650,000.

BOB MATHIS COURTESY PHOTO

Cal Poly announced Robert Glidden as the new interim president after deciding against offering the position to the three candidates interviewed for presidency during the past year. Glidden came out of retirement to take on the position. Before retiring he served as president of Ohio University from 1994 to 2004, and served as provost and vice president of academic affairs for Florida State University, as well as being a dean and a professor.

see Photos, page 30

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ROB MATHIS COURTESY PHOTO

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see Photos, page 30
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ONLY DURING WOW-WEEK
Another offshore facility caught fire in the Gulf of Mexico on the morning of Sept 2, sending 13 workers into the water to be rescued by boat, and sending enough petroleum into the water to create a mile-long-by-100-foot-wide sheen, according to the U.S. Coast Guard. The cause of the accident is not yet known and is under investigation. It comes more than four months after BP’s Deepwater Horizon rig blowout, which killed 11 offshore workers and resulted in the largest offshore oil spill in U.S. history. The government and BP are still working on the ultimate plug of that well, which has not leaked since mid-July.

Among environmentalists and liberal lawmakers, reaction was swift.

In the wake of the BP catastrophe, this is an extremely disturbing event,” said Rep. Henry A. Waxman, D-Calif., chairman of the House Energy and Commerce Committee, who has led a congressional investigation into the BP spill. “Call on the administration to immediately redouble safety and protection of the environment.”

In a Thursday afternoon news conference, Louisiana Gov. Bobby Jindal said that the oil platform’s operator, Mariner Energy, reported that all of the site’s seven active wells had been “shut in,” meaning they were not leaking oil. Though a fire was still burning on the platform, Jindal said the company told officials that it was being fed by an oil product stored on the platform.

“That’s a very important point,” Jindal said – and one that may differentiate this disaster from the BP fire, which was fed by an uncontrollable gush of oil from the wild well below.

Thursday’s incident occurred further west than the BP blowout, about 102 miles off the Louisiana shore, on a shallow-water oil and gas platform south of Terrebonne Bay, said Eileen Angelico, a spokeswoman for the Bureau of Ocean Energy Management, Regulation and Enforcement.

The US Coast Guard received the fire report at 9:20 a.m. CDT, according to U.S. Coast Guard Petty Officer Casey Ranel. Workers on a nearby oil facility reported that an explosion occurred on the platform.

Ranel said the 13 workers, wearing flotation suits, apparently jumped in the water, which is about 340 feet deep. They were eventually evacuated by boat, said Patrick Cassidy, a Mariner Energy vice president, in a news conference.

Cassidy, the company spokesman, said he didn’t know the circumstances that caused the workers to go overboard.

“The expectation’s that they shut in production and then evacuated the facility,” he said. “They were picked up from a life raft, picked up by a boat, and are on their way to facilities onshore.”

A Coast Guard e-mail to congressional offices said that the platform workers reported beginning emergency shutdown procedures before abandoning it, but that they succumbed to those procedures was “unknown.”

According to the e-mail, the company told the Coast Guard that the platform does not have a “sounding blowout preventer, the device of last resort used to shut off the flow of gas and oil from a wild well.”

Jindal said it was possible, though not confirmed, that some type of “nonstandard” blowout prevention may have been used on the platform.

Jindal and the Coast Guard reported that one worker was injured, but the company, in a news release said there were no injuries. All 13 the workers were on a shore supply vessel, Jindal said, and would be flown by helicopter to a Louisiana hospital to be checked for injuries.

Coast Guard Petty Officer Michael Marasco said that the company had sent three vessels to comb the fire, which was contained, before being restored, as of Thursday afternoon.

The Maritime press release said that during the last week of August, production on the facility, which was technically in a federal lease area called Vermillion block 380, averaged about 9.2 million cubic feet of natural gas per day and 1,400 barrels of oil and condensate.

Mariner Energy focuses on natural gas exploration and production in the Gulf of Mexico. Among all operators in the U.S. outer continental shelf, Mariner ranks eighth in natural gas production and 24th in oil production. By the end of 2009, Mariner Energy had interests in nearly 350 federal offshore leases, with more than 250 million acres of oil and gas.

A map of the U.S. Gulf coast shows the location of where a Mariner Energy oil platform exploded and caught fire on Thursday, Sept. 2. In a news conference, officials said the company’s seven active wells were not leaking oil, and that the explosion was more than four months after BP’s Deepwater Horizon rig blowout.

But the company, in a news release, said there were no injuries. All 13 the workers were on a shore supply vessel, Jindal said, and would be flown by helicopter to a Louisiana hospital to be checked for injuries.

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Arizona sheriff sued in civil rights investigation

Nicholas Riccardi

LOUISIANA TIMES

The U.S. Department of Justice on Thursday, Sept. 2, announced it had sued Joe Arpaio, the controversi­al sheriff of Maricopa County in Arizona, for failing to turn over documents in an investigation into whether his aggressive operations against illegal immigrants had vio­lated civil rights.

The litigation came two months after a Justice Department lawsuit halted a tough new Arizona immi­gration law, which Arpaio strongly supported. The new lawsuit is un­related to the immigration law and stems from an investigation into the sheriff's immigration enfor­oement operations. The department said it was the first time in 30 years a lawsuit had been brought in a civil rights probe.

"The actions of the sheriff's of­fice are not just deplorable. They are un­fortunate because the department was forced to resort to litigation to gain access to documents and fa­cilities," said Thomas E. Perez, as­sistant attorney general for the civil rights division, in a statement.

Arpaio's attorney said he could not comment on the lawsuit until he had had time to review it.

For more than three years, Ar­paio has attracted praise as well as condemnation for using his deputies to track down illegal im­migrants. The most high-profile example is his so-called "sweeps," during which deputies flood immi­grant-heavy neighborhoods, stop people for minor infractions such as driving with a broken taillight and check their immigration status. The tactics have made Arpaio pop­ular in Arizona, the main gateway for illegal immigrants into the United States, but also have drawn wide­spread complaints that he unfairly targets Latinos.

Last year, the Obama adminis­tration withdrew from part of an agreement that had allowed Ar­paio's deputies to enforce federal immigration laws. The move made little difference, the sheriff says, because he can use state laws against illegal immigrants and has continued his operations. He has also stressed the fact that federal civil rights investi­gators have yet to charge him with anything, while simultaneously announcing he would no longer cooperate with them and barring them from his facilities.

In the lawsuit, the Department of Justice said it asked for 51 differ­ent sets of documents in March 2009, shortly after launching the probe. Arpaio's office provided only 11 pages and had not hand­ed over any others. His office also would not let investigators tour the "county jail or other sheriff's fa­cilities. Arpaio previously said he had no legal obligation to give the Justice Department other material and dismissed the probe as politi­cally motivated.

Arpaio's agency has also been sued by a coalition of private civil rights lawyers who have com­plained that it has not provided them with documents. A federal judge earlier this year found the sheriff's department had destroyed documents on the sweeps that the plaintiff's attorneys were legally entitled to review and sanctioned the agency.

Arpaio is also under investiga­tion by a federal grand jury for al­leged abuse of power in a separate probe. He has denied those allega­tions.

Gulf

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119 of those in development. Today, the group has ties to more than 80 deep-water wells.

The firm has been aggressively ramping up its expansion in the Gulf of Mexico since 1996. Some of those exploration and develop­ment successes have been in deeper waters, ranging from 1,300 feet up to 7,100 feet. But the one area the business has been particularly active in the Permain basin oil field, off the coast of Texas. As of Dec. 31, 2009, Mariner's net acreage in the Permian Basin was nearly 150,000 acres.

Apache, another petroleum com­pany based in Houston, announced plans to buy Mariner one week prior to the BP oil spill. The $3.9 billion cash and stock deal is still pending. It had expected to be finalized by next month.

It was the company's wide swathe of drilling acreage and offshore leas­es in the Gulf of Mexico, both closer to shore and in the deeper water, that attracted Apache Corp.'s attention, said Apache spokesman Rob Dyer.

"We're monitoring the situation closely," Dye said. "We're still try­ing to see what sort of damage has happened out there, and if there were any hydrocarbons that were spilled."

As of 2008, the Vermilion 380 was Mariner Energy's "largest field in the Gulf of Mexico Shelf by reserves," according to the com­pany's 2008 annual report. The field, which consisted of 50 percent oil and 50 percent natural gas, was large enough and robust enough to convince Mariner Energy to drive several wells into it.

The rig had been active and in production prior to the explosion, Dye said.

Activist Democrats on Thursday said the firms demonstrated the need to bring more stringent regulation to the offshore industry.

Jacqueline Savitz, senior cam­paign director for the environmental group Oceana, said that the Obama administration should maintain a recently enacted moratorium on new oil and gas drilling that has been strongly opposed by both the oil in­dustry and Louisiana politicians.

"We cannot afford to lose any more human lives, nor can we tolerate further damage to the gulf and the delicate ocean ecosystems," Savitz said.

Homeless

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Homeless. The center can serve 130 people daily, while the shel­ter sleeps 50 and Coalition fa­cilities sleeps 35 overnight.

"We're turning more and more people away," McIn­ness said. "We just don't have room."

CAPSLO cannot provide all the needed services, so homeless persons also rely on programs operated by the county govern­ment.

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 the 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 mul­tifaceted rooms," according to the Grand Jury report.

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

The lack of integration, he said, is a countrywide problem that could be solved with the campus because people wouldn't need to go all over town to get help.

While there are individuals who fit the transient stereotype, Blair said he's seeing "more and more families who are just down on their luck and trying 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 for 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 allotment 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 "adopted" because "adopt­ion" would require governments to implement the plan's objectives.

This article was previously print­ed on July 15, 2010.
Oscar Gonzalez, 17, was struck and killed by an Amtrak passenger train near the corner of California Boulevard and Foothill Boulevard July 15. Gonzalez and two of his friends had left Santa Rosa Skatepark to meet friends on the other side of town and used the railroad tracks as a shortcut, said Captain Chris Staley of the San Luis Obispo Police Department. "He was walking ahead of his friends and had his headphones on," Staley said. "The train engineer tried to alert him but he didn’t hear the whistle." Gonzalez was struck by the front of the train and died from the collision, Staley said.
Former Cal Poly President Warren Baker and other American university leaders visited Israel and Palestine for a week-long educational seminar called Project Interchange Seminar. The seminar focused on complex issues facing Israel and the region. Over the course of the week, the 13-member delegation met with Israeli President Shimon Peres, Palestinian National Authority Prime Minister Salam Fayyad and U.S. Ambassador to Israel James B. Cunningham. The seminar was sponsored and overseen by Project Interchange, an educational institute of the American Jewish Committee.

Victory for Cal Poly in the National Concrete Canoe Competition was a result of brains and brawn — but mostly brains. Cal Poly took first place June 19 and 20 in the American Society of Civil Engineers National Concrete Canoe Competition. Cal Poly beat out 21 other teams from the U.S. and Canada. The teams were scored in four different categories: design paper, technical presentation, the design and aesthetics of the canoe and the races. "It's mostly intellectual," said civil engineering graduate Steve Gursky, one of the paddlers and organizers for Cal Poly.

College student sentenced for PA Craigslist heists

Riley Yates
THE MORNING CALL

Corey A. Jackson was a senior at East Stroudsburg University in need of money. That's why, he claimed, he started using fake online ads to lure strangers that he robbed.

Sure, the economy is bad and college is expensive, Northampton County President Judge F.P. Kimberly McFadden told Jackson. But that's no excuse, she said.

"That doesn't allow you in any way to go out and steal things from people," McFadden told the 22-year-old before sentencing him to 19 months to five years in state prison for his crimes in Northampton County.

Under the scheme that he also pulled in Philadelphia, Jackson posed on the classified online site Craigslist as someone looking to buy or sell expensive items, police said. But when his unsuspecting counterparts met him in person to complete the sales, he instead stole from them.

Jackson's spree ended a year ago after a police sting in which he tried to steal an engagement ring from an undercover Philadelphia officer, police said.

Locally, Jackson used his scam to steal a computer in Bethlehem and expensive jewelry in Bethlehem Township, while also pepper-spraying the man he robbed in Bethlehem. In July, Jackson pleaded guilty to robbery and theft, both felonies.

"It doesn't matter to the victim who is standing there being robbed or being sprayed with Mace in the fact that he was doing it to get ration money," said Assistant District Attorney Patricia Mulqueen.

The Bethlehem heist was on April 3, 2009, after Jackson posted an ad offering to sell a laptop for $400.

He and Jeff Tran met in the 400 block of Montclair Avenue, but after Jackson was given the money, he sprayed Tran and grabbed the computer back, police said:

On July 24, 2009, in Bethlehem Township, Jackson and Dale Gardner had arranged for Jackson to buy a $2,300 engagement ring. Instead, Jackson shoved Gardner, grabbed the ring and fled from their meeting place at the 3900 block of Nazareth Pike.

In court, Jackson said he is deeply sorry for what he did, and claimed it was out of character. Standing in a prison jumpsuit, he said he should instead be in prelaw courses at his university.

"It's a terrible mistake," he told McFadden. "I just need another chance."

Defense attorney Joseph Yanuzzi said his client hopes to one day salvage what is left of his education. Yanuzzi

see Craigslist, page 34
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Craiglist continued from page 33

said the crimes stemmed from Jack-
son trying to fulfill his obligations, but unfortunately in an illegal way.

"It's certainly a wake-up call to
him that he can't live his life in the
criminal arena," Yannuzzi said.
McFadden said Jackson is either
a very misguided student or a very
clever criminal. But she said she was
troubled by the fact he did the scams
a number of times.

"This became for you a system," she
said. "You figured out this was go­ing
to work and you just continued to
run with it." Jackson pleaded guilty to aggra­
vated assault in one of his Philadel­
phia cases and received five years
of probation, according to court
records. He has another case
pending.

Under McFadden's sentence,
he owes restitution to Tran and
Gardner.

COURTYARD

SAN LUIS OBISPO

Cable News Network

Continued from page 25

rate and reliable results."

"CDPH shared with UC Berkeley
that, by law, tests must be conduct­
ed in licensed laboratories if results
are to be released to an individual," Reilly said.

School officials had touted the
DNA testing as an engaging learn­
ing experience for students new to
Berkeley. Over the summer, the col­
lege sent 5,000 incoming students
DNA test kits and asked them to spit
in a tube and send it back. Participa­
tion was optional and anonymous.

Each saliva sample was labeled with
a bar code number that only the stu­
dent knew.

The plan was to test the saliva
samples for three gene variations —
those involved in breaking down
lactose, metabolizing alcohol and
absorbing folic acid — and give each
student the results of their own test.
Lectures and seminars throughout
the school year would explore scien­
tific, legal and ethical issues involved
in genetic testing, which Schlissel
described as an exploding business in
California.

About 700 students had returned
saliva samples, Schlissel said.

The project drew criticism as soon
as it was announced in May. Detrac­
tors said it was poorly thought out
and rife with potential privacy vio­
lations and confusion for students.
Many of them were pleased that the
Department of Public Health com­
pelled the university to change the
project.

The aftermath of the project
was years of litigation and commu­
nications between Berkeley and
CDPH.

CDPH's role in Berkeley DNA
testing was controversial. Some
questioned whether its oversight
was effective. The university was
also accused of failing to fulfill
its obligations under the consent
decree.

DNA testing was not stopped,
but Berkeley officials agreed to
change their practices. They
revised their consent decree
and obtained approval from
CDPH.

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but Berkeley officials agreed to
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revised their consent decree
and obtained approval from
CDPH.
Margaret Pack
MPACK@CALPOLY.EDU

When Frank Warren graduated from Cal Poly in 1989, WOW-A-RAMA did not exist. Add a proposition from the WOW board and fast forward 20 years later and Warren is now the host.

WOW-A-RAMA, which takes place on the first night of WOW, is an evening full of social group games to help new students get to know one another. Prior to Warren, a company was paid to host an event on the first night of WOW, called PlayFair, Warren said.

He said he wondered why Cal Poly was spending large quantities of money to bring someone in when they could just do it themselves.

"The more I got involved with leadership in WOW, I commented a few times about how we needed something more Cal Poly specific," he said.

Warren worked his way up the WOW ladder beginning his sophomore year when he signed up to be a WOW counselor, now known as an Orientation Leader. The next year he became a WOW leader and his senior year Warren was a member of the WOW Board, the highest tier of students involved in WOW.

That was when the WOW board made him a proposition: "if you think you can do better, then why don't we pay you a quarter of what we pay them to see if you can do it," Warren said.

Warren took on the challenge in 1990.

Warren, a Cal Poly graduate, has been involved with both the San Luis Obispo and Cal Poly community since he was a young adult.

A San Luis Obispo High School graduate, Warren received his undergraduate degree from Cal Poly in speech communication in 1989 as well as his graduate degree in public policy from Cal Poly. Warren said he was interested in exploring KCPR, Cal Poly's radio station.

"My goal for going to (Cal Poly) was to work at the radio station," Warren said.

Warren attended elementary and middle school around the same time that Weird Al worked at KCPR and thought he would get a career working in the industry, he said.

Even though he was interested in being involved at Cal Poly, his initial aspirations weren't to be involved with leadership for Week of Welcome (WOW).

"I went through WOW and had a blast," Warren said. The only other WOW experience Warren had had until that point was through "WOW record" — a six minute commercial for WOW that aired on KCPR.

After taking on the job, Warren said his goal became to do something completely different every year since PlayFair was the same thing every year.

Before the event was changed to WOW-A-RAMA, Warren said WOW leaders were not involved. Instead, they sat up in the bleachers while the incoming students played the games, so his goal was to create something that the leaders would like too. This way, the new students participating in WOW — known around campus as Wowies — would also be more inclined to participate, he said.

Eric Cerney, a computer engineering senior and member of the 2010 WOW Board, said it's important for people to branch out of their comfort zone and to get involved in the event.

"I was pretty reserved when I first came here, but having so many people out there not caring and seeing the WOW leaders involved was when I started to branch out," Cerney said.

Aside from WOW-A-RAMA, Warren is an active member of the community.

Currently, he is the division manager for the Mental Health Services Act programs for San Luis Obispo County. He oversees all of the county's prevention programs in alcohol and mental health, he said. Part of his job is to work with local high school students to teach them about alcohol and drug prevention.

Jason Mockford, assistant coordinator of Orientation Programs at Cal Poly, said that Warren is a valuable asset for Cal Poly because he knows about new techniques that work to help keep kids off of alcohol, among other things.

"I think (Warren) is a great connection for the university to have because he lets us know about the mentality of the high school students that are coming in," Mockford said. "He's an extremely valuable resource to us."

"Working with an alcohol free program (such as WOW) really encouraged me to do this type of work," Warren said.

Warren is also the Friday Night Live (FNL) coordinator, and has been directing since 1994, he said. FNL is a program held at high schools and middle schools across the county that focuses on inspiring healthy youth development.

He also helps out with orientation programs at other schools, such as at St. Mary's and the University of California, Davis.

"A lot of the reasoning behind Warren hosting WOW-A-RAMA is to show students that they can have a lot of fun without having to drink," Cerney said. "He also likes to show students that they can contact him if they're having problems with drinking related issues or even just life in general."

Warren said he wants students to see WOW-A-RAMA as a great example of something fun that doesn't involve alcohol.

see WOW, page 38
It's no secret that students can't help but procrastinate as long as possible. A typical scenario usually goes as follows: a student somewhere studiously sits in the library or books open, notebooks on, with eyes glued to a website that has nothing to with Tube. Facebook and productivity is the desired now.

will make it a cinch to minimize assignments and maximize for every correct answer the W orld Food Program makes just for the website! It features pages dedicated to different purposes, but every time the attempt fails short and becomes an "epic fail." 'The best of these so-called fails are further separated into such categories as: animal, celeb, game, people and sport falls. Procrastination time: Less than one hour. Similar site: AwkwardFamilyPrePhotos.com Procrastination time: Less than one hour. Similar site: PerezHilton.com Anyone who has ever picked up a tabloid, gossip magazine or watched TMZ is probably already familiar with Perez Hilton. For those who are not, Perez and his team gather the latest in celebrity — or as Perez says, "celeb" — gossip and share it on his website. Every story is accompanied by a photo of the celeb (or celebs), in question, commentary by Perez, and, when appropriate, a video or link. Procrastination time: Less than one hour. Similar site: TheSuperficial.com

PostSecret.com This website is a compilation of secrets sent via postcard and e-mail to the project creator. People from around the world can write anonymous thoughts and experiences they need to get off their chest, and they are later published on PostSecret.com and in Post Secret books. The "secrets" range from amusing realizations to worried pleas. Examples: I'm pretty sure my dad is a sex-bug while helping me move into college! I thought I had it well-hidden! Procrastination time: Less than one hour. Similar Site: SickBillionSecrets.com

TheOnion.com For those interested in procrastination that involves current events, this is the perfect site. The Onion features some of the newsiest stories with a humorous spin. Every article is written in a satirical tone and many are parodies of an actual news story. Like many comedic news sources, it prompts the reader to distinguish the news aspects from fictional embellishments. Procrastination time: 1+ hour

PeopleOfWalmart.com If you haven't gotten lost in this abyss of a site yet, you need to. It hosts pictures, mostly from cellphones, submitted from around the country. The pictures are all of people shopping in Walmart, but the catch is that the people are wearing outfits that are jaw-droppingly awkward. One of the best parts is seeing what people in your home state are shopping in. Procrastination time: Less than one hour. Similar site: PeopleOfPublicTransit.com

AwkwardFamilyPhotos.com This site invites people to share any awkward family photo they were tricked into taking or willingly took part in. It allows for a caption to be included that conveys the thoughts the picture provokes in a retrospective sense. Procrastination time: Less than one hour. Similar site: PeopleOfPublicTransit.com

EpicFail.com EpicFail is a cumulative site of pictures and videos of people or objects attempting to complete a task or serve a purpose, but every time the attempt falls short and becomes an "epic fail." The best of these so-called fails are further separated into such categories as: animal, celeb, game, people and sport fails. Procrastination time: Less than one hour. Similar site: FailBlog.org and LameBook.com
"I hope you look back to WOW-A-RAMA and think, ‘Yes, I really can and I did have a great time that night,’" he said.

Liberal studies junior and second year Orientation Leader Nicole Rodgers enjoyed her first WOW-A-RAMA.


"WOW-A-RAMA is in an interesting position because we are exactly halfway between San Francisco and Los Angeles," Lerian said.

Despite battling for bookings and venues, Lerian said he is excited to see the comedic stylings of Bill Cosby on Sept. 26, as well as Steve Martin strumming away on a banjo to his Grammy-winning, grassroots folk music on Oct. 6.

Lisa Woske, head of public relations for Cal Poly Arts, said it’s currently the middle of the ticket-subscription period, which continues throughout the season.

Woske said the best savings, which come to 20 percent off face value, are available through fixed-series packages, which are based on show genres.

The other type of subscription is a create-your-own package. If four to seven tickets are purchased, there is a 10 percent discount; if eight to more tickets are purchased, there is a 15 percent discount on each ticket.

Lerian also said students, faculty and staff each get an additional 20 percent off the ticket price; therefore, students can receive 40 percent savings. Students have the option of purchasing student rush tickets an hour before the show for $13.

This article was originally published on July 1, 2010.


Pick Your Breakfast

Power Start

Balanced Start

Protein Berry Workout Smoothie

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Hearty Start

Hearty Start

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Cinnamon

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Natty Café (n.) A nickname for The Natural Café, a popular vegetarian restaurant downtown.

Ex: “I’m hungry and want a salad. Let’s hit up Natty Café.”
Cal Poly Arts announces new performance lineup

Karlee Prazak
KARLEEPRAZAK.MD@GMAIL.COM

Bill Cosby, Steve Martin, Chinese acrobats and Legally Blonde are some of the featured shows in next year's lineup at the Christopher Cohan Performing Arts Center.

Director of Cal Poly Arts, Steve Lerian, said it took about seven months to successfully fill this year's lineup with shows sure to create hype and draw large crowds.

"I get a jigsaw puzzle of artists that we can afford, artists people will want to see and those who will make for the best season," he said.

Lerian said shows like "Spring Awakening," scheduled for Jan. 30, and "Monty Python's Spamalot," scheduled for Feb. 28, are expected to draw large crowds of students. "Spring Awakening" is a rock musical set in 1890s Germany, is an eight-time Tony Award-winning performance and was called the "most gorgeous Broadway score this decade" by Entertainment Weekly. "Spamalot," the story of King Arthur's quest for the Holy Grail, is also a Tony Award-winning production.

"People don't thirst for old, chestnut Broadway. They need newer shows," Lerian said. "This is my second season booking shows and I learned a lot about what people want to see more and less of from the first season," Lerian said.

This year's shows are potentially more student-friendly.

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Lerian said he likes to keep Cal Poly students and San Luis Obispo families and students sure to create hype and draw large crowds.

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Local late-night munchie spots to satisfy your cravings

Karinee Prazak
KarleePrazak.MO@GMAIL.COM

It's after midnight — the only thing to eat on campus this late comes out of a vending machine. The sounds coming from your stomach are cries for help. To nip it off, you have no mode of transportation.

Even though San Luis Obispo does not have drive-thru fast food, there are numerous appetizing destinations open well past midnight. Any late-night cravings can be satisfied for a small price and located less than one mile from campus.

When it is past midnight and the munchies are unassuageable, try one of their late-night hot spots.

**Taco Bell**
- **Distance:** Less than one mile
- **Location:** Corner of Santa Rosa and Olive streets.
- **Open until:** Sunday - Thursday: 3 a.m. Friday - Saturday: 4 a.m.
- **Deal:** "Why pay more?" and "$2 meal deal" menus

**Domino's Pizza**
- **Distance:** Less than one mile
- **Location:** Foothill Boulevard and Chorro Street.
- **Open until:** Sunday - Wednesday: 2 a.m. and Thursday - Saturday: 3 a.m.
- **Deal:** Various coupons, online ordering and delivery

**Pita Pit**
- **Distance:** Less than one mile
- **Location:** Foothill Boulevard and Chorro Street.
- **Open until:** Monday - Saturday: 3 a.m.
- **Deal:** Daily deals in store, online ordering and delivery

**El Nabor**
- **Distance:** Less than one mile
- **Location:** California Boulevard and Taft Street.
- **Open until:** Thursday - Saturday: 2 a.m.
- **Deal:** Free salsa

**Chili Pepper's**
- **Distance:** Less than one mile
- **Location:** Foothill Boulevard and Broad Street.
- **Open until:** Thursday - Saturday: 2 a.m.
- **Deal:** Free salsa

*see Munchies, page 41*
Jack in the Box

Distance: Less than one mile
Location: Corner of Santa Rosa and Olive Street.
Open: 24-hours
Deal: Value menu

**All distances begin at the corner of California Boulevard and Foothill Boulevard. Add approximately half a mile from the Christopher Cohan Performing Arts Center.**

lunchies

continued from page 40

**ENTER**

**Jack in the Box**

**Distance:** Less than one mile  
**Location:** Corner of Santa Rosa and Olive Street.  
**Open:** 24-hours  
**Deal:** Value menu

"All distances begin at the corner of California Boulevard and Foothill Boulevard. Add approximately half a mile from the Christopher Cohan Performing Arts Center.

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Grant Thornton would also like to congratulate the following students on the completion of the Grant Thornton Summer 2010 Footsteps Program:

- Doug Bettisworth
- Devra Block
- Samantha Bionstein
- Lyndsey Brown
- Wilder Garcia
- Hillary Harwood
- Carissa Jung
- Christine Lum
- Melissa O'Toole
- Elizabeth Penick
- Jacob Strich

We look forward to seeing you soon!

**Attention seniors interested in a full-time position:** Please submit your resume and application through Mustang Jobs by Sunday, October 3, 2010 for consideration. On-campus interviews will be held on Thursday, October 21, 2010.

---

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Where to rock out: places to see the bands you like

Raquel Redding
RAQUELREDDING.MD@GMAIL.COM

Rock, reggae, blues, country and hip-hop are all encompassed in the San Luis Obispo music scene; the question is where to see them. There are a few places to see live music performed within the limits of Cal Poly but here are the places that hold concerts consistently.

Downtown Brewing Co.:

Also known as D TB, this popular bar is located in the heart of downtown San Luis Obispo at 1119 Garden St. and offers a restaurant upstairs and concerts downstairs.

Todd Newman, an operator of D TB, said it is the only venue that brings all genres to the Central Coast. “We are the music venue for the Central Coast,” Newman said. “We bring the names that students want to see.”

The lineup last year included artists such as The Expendables, Jimmy Eat World, E-40 and DJ Quik. This year the lineup includes Missa the Bear and Collie Buddz.

“We have a real sound system, so this greatly improves the concerts,” Newman said.

The huge speakers make every seat downtown a good one, but the proximity of the front row to the stage keeps people coming back.

Since the venue is small, each concert is like having the bands perform in your living room, said David Martinez, a D TB patron. “Last year I saw Swollen Members and I could have touched Mad Child’s foot if I wanted to,” Martinez said. “I was that close.”

Tickets are on sale as far as three months in advance and can be purchased at Boo Boo Records on Monterey Street or at ticketweb.com. Also check out the website, DTBrew.com, for upcoming shows.

The Clubhouse at This Old House:

This venue is a location that is great for the under 21 crowd. Some other venues have age restrictions for certain concerts, but the Clubhouse (for the most part), does not because it is a restaurant first and foremost. But it also has bands perform on the weekends with covers up to $8.

Owner Andrew Adams said that because it is a restaurant it avoids really loud bands, but do offer all kinds of music. “We have singer-songwriter stuff, country, bluegrass, rock — but not so much hard rock,” Adams said.

The Clubhouse is hidden away in an alleyway, located off of Foothill Boulevard but closer to Los Osos Valley Road, The Clubhouse is not a place to walk to. Adams said it was like a roadhouse. “It’s like an old western pub,” Adams said. “It’s a term for off the beaten path — people would drive to these places for a great time.”

Past local bands to play include Demons and the Mother Corn Shuckers and Nataly Lob. The lineup for this year has international touring artist SAIBU, a French indie folk band, and The Tippy Gypsies, a self-described “jazz-beat pop” band.

see Venues, page
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with one topping
$13.99 **tax

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STICKY FINGERS PIZZA
two large pizzas
$21.99 **tax
with pepperoni, ham, bacon, onions, Italian sausage, mushrooms, black olives, and green peppers

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VEGGIE PIZZA
two large pizzas
$19.99 **tax
with mushrooms, onions, black olives, green peppers, tomatoes, and artichoke hearts

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CHICKEN COMBO
two large pizzas
$19.99 **tax
with chicken, garlic, black olives, onions, and tomatoes

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ROOMMATE SPECIAL
$23.99 **tax
2 large 2-topping pizzas, 6 drinks, garlic bread and 1 order of buffalo wings OR medium antipasto salad

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TWO LARGE DELUXE HAWAIIAN
$19.99 **tax
with ham, pineapple, onion, bacon, extra cheese

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TWO SMALL PIZZAS
with one topping
$10.99 **tax

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Cal Poly's own Performing Arts Center (PAC) brings big names to the San Luis Obispo area. Since it's opening in 1996, the PAC has welcomed names such as Elvis Costello, The Vagina Monologues and Leo Kottke. This year's lineup features acts such as Bill Cosby, Monty Python's "Spamalot," and Ladysmith Black Mambazo.

**Venues continued from page 42**

swing gypsy jazz band.

The Clubhouse will continue to have singer and songwriter nights on Tuesdays and Blue Masters Jams on Wednesdays.

For more information about upcoming shows at The Clubhouse go to clubhousereport.com.

**Christopher Co-ohan Performing Arts Center:**

Cal Poly's own music venue strays from local bands and focuses on big productions. For the more refined palate look no further than the PAC. Opened in 1996, the Cohen Center holds performances from touring groups to local groups such as the Civic Ballet and the symphony.

In the past, the PAC has had performing arts from theater, music, dance and Broadway touring shows. Lisa Woske, representative of public affairs for Cal Poly Arts, said the PAC is an incredibly beautiful venue where students and residents can experience a myriad of artists and performances right on the Cal Poly campus.

"We've brought musical artists from around the globe and from the top stages in their fields," Woske said. "The saloon and what remains of Pozo Hotel are all that's left of the Pozo town."

Although at the saloon boozing is a concern, the concerts are anything but outdated. Well known performers include Snoop Dogg, Ice Cube and Wilco.

"Pozo offers a little bit of everything," Bean said. "We have shows that appeal to the people who like country and then we have concerts that appeal to the people who like rock as well."

Since the saloon is an outdoor venue, they have a capacity of 3,000. There are two different types of seating, reserved and lawn. Bean said.

"The average ticket is around $40, but for the bigger shows such as Big & Rich it can be $60."

To purchase tickets in San Luis Obispo, go to Boo Boo Records or online at Pozosaloon.com.

**Pozo Saloon:**

An outdoor saloon in the middle nowhere with practically no cell phone coverage shouldn't be popular, but it is. A 45-minute drive from the Cal Poly campus, the saloon sits on five acres, two of which are devoted to outside stage.

Levi Bean, a promoter for Pozo Hotel said that Pozo is unique because the saloon has been around since 18 and is a part of county history.

"The Pozo Saloon use to be an stagecoach stop, and has really been apart of the county forever," Bean said. "The saloon and what remains of Pozo Hotel are all that's left of the Pozo town."

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To purchase tickets in San Luis Obispo, go to Boo Boo Records or online at Pozosaloon.com.

**Downtown Brew:**

Downtown Brew, a popular venue and bar among Cal Poly students, hosts concerts of all genres, including reggae, country and rap.
Laughter yoga stimulates mind, body and funny bone

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

— Bob Banner

Laughter Yoga Instructor

practices teach 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 the effects of 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.

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.

“Laughter Yoga teaches people to laugh at themselves and each other. Bob Banner said the simulated laughter leads to genuine laughter. Breathing is also an important concept in laughter yoga because it helps the participants feel light-headed.”
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.

Laughter yoga sessions are held downtown. A schedule of times and locations can be found at http://www.hopcdance.org/events/month/calendar/

This article was originally published on July 15, 2010.
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*The Crush-Tones are SLO Vintners Larry Brooks, Bob Karwin, Clint Grubbs, Jeff Fish, & Jean-Pierre Wolff
How to spot a...

FRESHMAN
- *Puzzled or anxious look on face on first day of school*
- *Big backpack*
- *May still be wearing high school attire*
- *May be referencing a campus map*
- *Thinks everything should be written using AP style*
- *Camera glued to body*
- *Usually a female*
- *Awkwardly talking to people they don't know*
- *Worried or stressed out look on face*
- *Tries to get you to read the Mustang Daily*
- *Knows the Mustang Daily* (for a phone call)

MALE ATHLETE
- *Cal Poly Athletics" shirt*
- *A generally large person*
- *Intimidatingly ripped*
- *Sweat pants, basketball shorts, or a combination of the two*
- *May be wearing a muscle shirt, on occasion*
- *On campus before the sun rises*
- *Carries calculator, and many papers and books*
- *Walks at a fast pace*
- *Jeans*
- *Sneakers*

ENGINEER
- *Seen wearing a "Cal Poly Nerds Rule" or "Do M.E." shirt*
- *Walks at a fast pace*
- *Carries calculator, and many papers and books*
- *Various pens and pencils*
- *Jeans*
- *Sneakers*
**POLY DOLLY**

- Bedazzled phone
- Large sunglasses
- *Drives a luxury vehicle*
- Tiffany's bracelet
- Velour sweat pants
- *Tan*
- *Loves Starbucks*

**BRO**

- Tribal tattoo
- Short, spiked hair
- Muscle tank
- *May sometimes wear baseball cap with sticker on bill*
- Always carries a binder, never wears a backpack
- Designer jeans

**FEMALE ATHLETE**

- Sweat band pulling back pony tail or messy bun
- *Usually seen in workout / Cal Poly athletics attire*
- *Intimidatingly fit*
- *Also wears a drawstring backpack*
- Ice pack
- Large water bottle
- Long socks

**AGGIE**

- Cowboy hat
- Flannel shirt
- Wrangler jeans
- *Drives a large truck*
- *Has an affinity toward country music*
- Large belt buckle
- Cowboy boots
10 films to look out for before the end of the year

Robert W. Butler
McClatchy Newspapers

It's fun to watch movies, of course. But increasingly I take just as much pleasure from anticipating movies. I can spend weeks eagerly rolling the various elements around in my head — the subject matter, the source material, the names involved — envisioning what the actual experience will be like.

The downside, of course, is that more often than not the finished film never matches the excellence I imagined.

No matter. The whole process is part of the pleasure in being a movie fan. The following films, all scheduled to open before the end of the year, have just one thing in common: They make my pulse race.

Some might be really good. It's just that at this point I can take 'em or leave 'em. The following, on the other hand, are the 10 movies I'm really looking forward to. (Opening dates are subject to change.)

"Machete"

We were introduced to the South-of-the-Border assassin Machete (played by the muscled, long-haired, pock-marked Danny Trejo) in a faux trailer that was part of "Grindhouse" in 2007.

It was love at first sight.

Hired for a hit, Machete (he wears a trench coat lined with just about every sort of bladed weapon imaginable) ends up the victim of a double cross and goes looking for revenge.

"They (bleeped) with the wrong Mexican," the trailer ominously proclaimed.

If writer/director Robert Rodriguez is on his game, "Machete" should be a blood-spattered spoof of '70s exploitation movies peppered with political satire (subsequent trailers have referenced Arizona's contested illegal alien law) and famous faces (Robert De Niro, Steven Seagal, Michelle Rodriguez, Don Johnson, Lindsay Lohan).

It'll be trash, sure, but with luck it'll be great trash.

Opened Friday, Sept. 3.

"The Town"

Ben Affleck's directing debut with "Gone Baby Gone" was solid enough to get my juices flowing for his sophomore effort, also set in his hometown of Boston.

Affleck plays a member of a bank-robbing gang who takes a romantic interest in a bank teller (Rebecca Hall) who was their victim and may be able to finger the hoodlums to a nosy fed ("Mad Men" Jon Hamm).

The cast reportedly is full of real-life Boston ex-cons. Also look for "The Hurt Locker's" Jeremy Renner.

Mostly, though, I'm interested in seeing if Affleck can deliver a crime drama with subtext.

Opens Sept. 17.

"Let Me In"

Poosh-pooshing American re-makes of great foreign films is practically obligatory (I've already got the heebie-jeebies about the U.S. remake of the Swedish "Girl With the Dragon Tattoo").

Yet I'm cautiously buzzed about seeing how the Swedish vampire film "Let the Right One In" makes the transformation to high-altitude New Mexico in winter (a nice alternative to snowbound Scandinavia). The plot: A withdrawn, antisocial middle-school boy befriends the new kid next door — a girl who comes out only at night.

The Swedish original was so good that almost nobody believes this one could match it. Yet the casting is just about impeccable. As the boy we have Kodi Smit-McPhee, so terrific as Viggo Mortensen's son in "The Road.

"The Deathly Hallows — Part I"

Harry Potter fans may be a little bit disappointed with "Deathly Hallows," the final chapter in the film series. But they might be pleasantly surprised by "Half-Blood Prince," the last film to be made from J.K. Rowling's books.

"Sherlock Holmes"

"Sherlock Holmes" is a new version of the famous detective, which means it'll be different. But compared to the 1940's series, which lasted 12 seasons, the 1970's series, which lasted 11, and the 1980's movie with Robert Downey Jr., it should be fresh.

"The Town" - Hom e Town o f Boston.

"The Town"

"The Town" is set in a real-life Boston neighborhood known for its dive bars, tattoo shops and seedy lofts.

"Harry Potter and the Deathly Hallows — Part II"

"Deathly Hallows" is the last book in the Harry Potter series, which means it's the last book to be made into a film.

"The Town"

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arts

Movies
continued from page 50
In the end-of-the-world downer "The Road," our little vampires are Chloe Grace Moretz, the pentomouthed, pint-sized vigilante from "Kick-Ass."
Bonus points: the great Richard Jenkins ("The Visitor," "Eat Pray Love") as the girl's "father."

Directed by "Cloverfield" Matt Reeves.
Opens Oct. 1.

"Buried"
It's not so much high concept as subterranean concept: A civilian truck driver in Iraq (Ryan Reynolds) is captured by insurgents and finds himself buried alive.

Rodrigo Cortes' film is set entirely in a wooden box as the panicked captive uses his cell phone to effect a rescue before the air runs out.
It may sound too claustrophobic and limited to be particularly enjoyable, yet audiences at Sundance last January went ape for this intense little thriller.
Goes into wide release Oct. 8.

see Movies, page 53

Helen Mirren plays the wizard Prospero in "The Tempest." The film, which opens in limited locations Dec. 10, was directed visually by Julie Taymor who was behind Broadway's "The Lion King" and the Frida Kahlo biopic "Frida."

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Movies

continued from page 52

“Hereafter”


Over the last decade, Clint Eastwood has had a record of artistic and commercial hits unmatched by any other director. So you’ve got to ge pumped about this one. He explores tragedy and mortality in three entwined plots: A San Francisco psychic (Marti Damon) finds that his ability to talk to the dead is ruining all his relationships. A French TV newswoman (Cecile de France) is changed after she almost dies in the 2004 Indian Ocean tsunami. English siblings (newcomers Frankie and George McLaren) see their world shaken by the 2005 London subway bombings.

The original screenplay is by Peter Morgan, who earned his stripes with “The Queen” and “Frost/Nixon.”

What’s not to like? Opens Oct. 22.

“Burlesque”

I can’t tell if this one is going to be “Chicago” or “Coyote Ugly”/“Showgirls.” Nevertheless, the concept for this musical got my attention: Cher plays the proprietor of an L.A. club specializing in the “new burlesque.” She’s the tough mother hen to a flock of young women performers whose lives collide with varying degrees of untidiness.

The supporting cast has possibilities — Kristen Bell, Stanley Tucci, Eric Dane, Alan Cumming, Peter Gallagher and pop superstar Christina Aguilera in her big-screen acting debut.

The wild card here is director Steven Antin, a former actor with an astoundingly low track record behind the camera (news) (Broadway’s “The Lion King,” the Frida Kahlo-biopic “Frida” and the Beatles fantasia “Across the Universe”) gives us Shakespeare’s great magical romance with a few new twists.

For example, the wizard Prospero is now a woman (Helen Mirren). And there aren’t any dooshes among the rest of the cast: Alfred Molina, Chris Cooper, David Strathairn, Russell Brand, Djimon Hounsou, Alan Cumming.

And, of course, there’s Taylor’s astounding visual imagination, which should make this “Tempest” as easy on the eye as on the ear.

Opens in limited release Dec. 10.

“How Do You Know”

James L. Brooks can be great (“Terms of Endearment,” “Broadcast News,” “As Good as It Gets”) or god-awful (“I’ll Do Anything,” “Spanglish”). I’m betting we’ll see the former when this romantic comedy opens for the Christmas crunch.

The premise: A guy and a girl meet for a blind date on the worst day of their lives. Paul Rudd is a businessman about to be indicted for his creative finances; Reese Witherspoon is a professional athlete just cut by her softball team.

Jack Nicholson plays his father, Owen Wilson is her fiance. Opens Dec. 17.

“True Grit”

Based on the same book that gave John Wayne his only Oscar-winning role, this Western stars Jeff Bridges (himself a recent Academy Award winner for “Crazy Heart”) as crusty one-eyed lawman Rooster Cogburn. He’s hired by a 14-year-old girl (Hailee Steinfeld) to track down the drifter/murderer who killed her father and stole his money.

Normally I’d approach this project with caution ... except that it has been written and directed by Joel and Ethan Coen. Meaning: It will undoubtedly have very little in common with the original 1969 film.

Another reason for hope: Matt Damon as a Texas Ranger, who tags along on the journey (a role originally played — and not well — by singer Glen Campbell).

Opens Dec. 25.

“Blue Valentine”

Its credentials may be low-budget indie, but its scope is hugely ambitious. Derek Cianfrance’s film, a buzz-creator at Sundance, follows the ups and downs of a love affair over six years.

Our couple are independent icons Ryan Gosling (“Lars and the Real Girl,” “Half Nelson”) and Michelle Williams (“Brokeback Mountain,” “Wendy and Lucy”). I’m hoping for something with the emotional clout of Richard Linklater’s superb one-two whammy, “Before Sunrise” and “Before Sunset.”

Opens Dec. 31.

“Hereafter” stars Martin Damon as a Texas Ranger, who tags along on the journey (a role originally played — and not well — by singer Glen Campbell). Opens Dec. 25.

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Opens Dec. 31.
Don't look now, but nearly 30 new shows are about to invade your television sets. Yes, it's that time of year again. The fall deluge is upon us.

But I realize that you only have two eyeballs — and not nearly enough time. So, as a personal service, I've prescreened the fall offerings and whittled them down to the five shows that appear to be the cream of the crop. You can thank me later.

Keep in mind that, in most cases, I have seen only the pilot episodes, and an extraordinary pilot does not always develop into an extraordinary series (See: "FlashForward").

But, for now, I've bonded with this Top 5 and think you might, too.

1. "Lone Star" (Fox):
   A con artist as leading man? It's a risky deal — especially for network TV — but one that this provocative soap pulls off, thanks to the panache of newcomer James Wolk.
   Wolk plays a brilliant schemer who is running a complex sting while leading two lives in different parts of Texas. On one front, he has married Cat (Adrianne Palicki) in order to infiltrate the oil company led by her father (Jon Voight). On another, he has taken up with a suburban woman (Joise Mumford) as he bilks her neighbors via an investment scam.
   Trouble is, he loves both women and desperately wants to find a way to go straight without divulging his secrets. "Lone Star" is handsomely crafted and brimming with suspense. But it wouldn't matter if Wolk were not believable — and likable — in the role. Fortunately, he has charm aplenty and, like a great con man, he takes us for a ride.

2. "Boardwalk Empire" (HBO):
   You'd think Martin Scorsese would have had his fill of gangsters by now. But the love affair continues with this Prohibition-era drama about Enoch "Nucky" Thompson (Steve Buscemi), a corrupt politician whose dealings in illegal booze enable him to hold sway over Atlantic City.
   Scorsese directed the pilot episode, which features depictions of real-life criminals, including "Lucky" Luciano and Al Capone. Bringing additional mob cred to the project is creator Terrence Winter, a standout writer for "The Sopranos."
   "Boardwalk Empire" might not ever match the legacy of that iconic hit, but it appears to be a worthy successor, with stellar acting, a "Mad Men"-like attention to period detail and rich production values that, at times, give the show the feel of a lush painting.

   Just when we thought we were out... they pull us back in.

Turn on your television: five new shows to catch
Chuck Barney
CONTRA COSTA TIMES

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Overheard in the MD newsroom

"It's mostly virgins that are obsessed with "Twilight.""

"It takes a special person to put out four nights a week."

"Did you hear Miley and Liam broke up?"

"We're droppin' early for Justin Bieber?"

"I just woke up and was like, "Fuck.""

"Kelly, you want to open it up and put it in?"

"What's he in?"
"Bro Cola."

"I don't know what it is, but I just do it with my hands."

"I judge you, Kelly C."

"Back to work, you!"

"This is fail."

"It's mostly virgins that are obsessed with stripping."

"I like it when good-looking people are in our paper."

"When I hook up with boys, God smiles."

"De Los Santos is getting his groove back."

"I hate Googling my name because strippers always come up."

"E. Love plays the field."
But viewers who do commit to "The Event" will at least be treated to a gripping first chapter. It follows the travails of Sean Walker (Jason Ritter), who stumbles upon an international cover-up while probing the mysterious disappearance of his fiancée. The pilot is a rock-your-world affair full of tense moments, great effects and stunning twists.

Even better: There's not a polar bear in sight.

4. "Nikita" (CW):
A kick-butt action babe is nothing new. Neither is this story of a government-trained assassin, which has undergone multiple treatments on the big and small screens. But some clever structural retrofitting and the dazzling presence of Maggie Q boost this "Nikita" to another realm.

Ms. Q (birth name: Quigley) plays a former street tough who was rescued from death row by a covert U.S. agency that molded her into a lethal weapon. But after a falling out with said agency, she has defected and is vowing to bring it down.

5. "Mike & Molly" (CBS):

This working-class sitcom about plus-sized people looking for romance while dealing with some weighty issues could have been the season's biggest loser. Instead, it's a sweet and funny half hour pegged to a pair of refreshingly relatable leads.

Mike (Billy Gardell) is a shy Chicago cop who typically strikes out with the ladies. Molly (Melissa McCarthy) is an adorable fourth-grade teacher with a good sense of humor about her curves. Their paths cross at an Overeaters Anonymous meeting and sparks fly.

The show has its weaknesses, including some stock supporting characters and an occasional urge to settle for cheap fat jokes. But the appealing Gardell and McCarthy have a chemistry that thus far outweighs the flaws.
arts

Indie band She & Him: a bigger focus on him

Ivan G. Johnson

There was a time early in the career of pop group She & Him when all anyone wanted to talk about was the presence of front woman Zooey Deschanel.

"When we were doing press a few years ago," says guitarist-producer M. Ward, "about half the questions were about how bad Bruce Willis' records are and stuff like that."

Ward says Deschanel's transition to rock is not the focus anymore. "I think people are forgetting about it, and that's good," he says. "There's good and bad examples of all kinds of music. And I think Zooey is definitely inspiration for a lot of people who may be trapped into doing one thing in the creative arts."

She & Him have no credibility issues these days after delivering its sophomore album, "Volume Two," which picks up where 2008's "Volume One" left off. Together, Ward and Deschanel have created a sun-splashed brand of '60s-influenced pop that's as fresh as it is familiar in its coffeehouse appeal. "Volume Two" includes 11 originals and two covers -- NRBQ's "Ridin' in My Gu" and Skeeter Davis' "Gonna Clet Along Without You Now."

Some have compared it with the legendary the Mamas & the Papas. The comparison seems fair, though Ward isn't so quick to embrace it. "I'm not their No. 1 fan, but they have good songs," he says. "But I don't know a lot of their stuff, so I'm honest."

Ward does concede their influences run old. His favorite producers are heavy-hitting legends such as George Martin, Quincy Jones and Phil Specter.

And when it comes to guitarists, the first name he mentions is Chuck Berry. "I can't say enough about Chuck Berry -- the voice, the lyrics, the guitar playing, the looseness," Ward says. "He's genius. When I first started playing guitar, I was learning Beatles songs like 'Roll Over Beethoven' and 'Rock and Roll Music,' Chuck Berry songs the Beatles covered. I've been digging deeper in his catalog ever since."

Deschanel, meanwhile, was making a name for herself in Hollywood in the movies "Elf," "Yes Man," "Failure to Launch," "The Happening" and "(500) Days of Summer."

"Somehow, it seems to work -- it clicks," he says of the pairing. "It's hard to put my finger on exactly why."

"My job is to produce, to follow the song or the demo where it wants to go. Zooey writes the songs for the project, and I treat her demos the same way I treat mine. I listen to them over and over and try to discover their character and use my imagination to fill in the blanks, think about what might have inspired the songs."
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New school, new hardware, new ink —
tattoo and piercing parlors of the San Luis Obispo area

Kelly Cooper
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College presents many opportunities to try things for the first time, such as living without the watchful eye of parents or doing a leg stand. Some students, however, choose to mark their freedom with a new piercing or tattoo. If you’re considering getting some diamond studs to impress your buddies or perhaps want to permanently engrave the name of your significant other on your wrist, these local parlors can get the job done.

Traditional Tattoo

Taking its name to heart, this local parlor began a tradition of its own six years ago — to gain attention from the college crowd. The Week of Welcome (WOW) special — featuring $20 piercings — draws in dozens of students looking for new hardware. Tattooer and manager, Louie Campopiano, said that it was a way for the then-small business to create some buzz in the community.

“We came up with this as an idea to totally get people’s attention,” Campopiano said. “We decided to do something that you couldn’t ignore — and $20 piercings really got everyone excited.”

Campopiano said that WOW is an exciting and busy time for the company, which now has three locations: two in San Luis Obispo and one in Pismo Beach.

“You get an influx of a whole lot of people who are off to college and by themselves for the first time,” he said. “The energy that you get from all these new people coming into town — it’s pretty fun. It’s just a fun week to do things.”

The Football Boulevard location, tucked between Domino’s Pizza and Pita Pit, is clean and relaxed with green and purple walls lined with friendly tattoo artists.

“We teach body art safety nation­wide and worldwide; it’s a safety issue,” Young said. “It’s nice because we’re a tiny little shop, but we have worldwide recognition.”

For being 10 minutes down the road from Cal Poly, the parlor still gets its fix of college students. Young said the most popular requests are kanji characters (modern Japanese writing of Chinese characters), birchbark flowers and ocean-themed designs. Sometimes, she said, students who come in with a friend end up getting inked themselves.

“ ‘I’ve had groups of them all cul­led — all the guys at once and all girls at once,’ Young said.” If it comes in and gets a tattoo and has an entourage of four, by the time they’re done, they all get them done. It’s a bonding experience for a lot of people.”

Central Coast Tattoo

One of the area’s oldest tattoo and piercing parlors can be found up Highway 1 in the beach town of Morro Bay. Central Coast Tattoo has been in business for 17 years and covers everything from bellybutton piercings to gut-wrenching, blood­artwork. Owner and Master Artist Chrys Young recalls one gruesome event he’s witnessed.

“One guy, he came in, he just graduated, and he wanted his Greek letters tattooed on his chest and he wanted them to look like he had carved them in with a knife in the mirror — so the dripping blood, the open skin, and everything,” Young said. “I did that for him and he walked out and some lady almost passed out — she thought it was real.

Despite the gory tattoo requests, the quartz shop is small yet com­fortable, and, contrary to the typical male-dominated tattoo industry, employs four females.

Central Coast Tattoo also draws its uniqueness from being the head­quarters of Blood Borne Patho­gen Prevention Training Institute of America, of which Young is the founder. The institute focuses on body art safety, and will soon be incor­porated into state law next year.

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Mothership Tattoo

One of the three Pismo Beach parlors, the 14-year-old Mothership, is the only tattoo company in SLO.

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Tattoo
From page 60

Tattoo resembles a carnival funhouse. The shop features an abundance of body artwork lining the bright blue walls and a colorful "Enter" and "Exit" gate separating the lobby from the parlor. Packed with little knick-knacks and bumper stickers, this nique shop offers both tattoos and piercings.

Piercer Clay Allen, who has been in the industry for seven years, said he enjoys the professional atmosphere of Mothership. "For an atmosphere that can be really relaxed one, it's nice to see people who are still professional," Allen said. "I've worked in a lot of different shops in this county, and this is one of the shops I feel most comfortable at."

Allen said that the shop doesn't see a large college population, but it does get the occasional Cuesta or Cal Poly student for piercings. "Last week I had a group that came in from Cuesta, and all came in and got their septums done for the bulldog look," Allen said. "That was fun."

Despite the small amount of Cal Poly customers, Allen does recall one anecdote from a college student in California. "This guy got the world's smallest tattoo on his wrist, he stands up and is talking to the tattooer and going over the price and he's drinking water, and he just stops for a minute, and passes out - falls right back into the chair," Allen said. "Don't spill a drip of his water and then he passes himself. A few minutes later he's like, 'What happened, why am I wet?' And we said, 'Don't get up just yet, don't worry about it... No judgment whatsoever... It was more embarrassing for him.'"

Mothership opens everyday at 12 p.m. until 5 or 6 p.m. and is located at 751 Dolliver St.

Central Coast Tattoo has been in business for 17 years. The small corner shop, which employs four women, is also the headquarters for Bloodborne Pathogen Training Institute of America, which is a body art safety organization.
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Enhancing the Campus Experience
Tattoo
continued from page 61

Tiger Rose Tattoo

A little farther down Dolliver
treet, about a block-and-a-half away
trom Mothership Tattoo, is Tiger
Rose Tattoo. Like Mothership, Tiger
Rose doesn’t receive very many col-
ge-aged customers. Tattooer Brent
Wilson, who has been in the business
d for five years, said the shop’s clients
mainly come from out of town.

“We mainly get people from the
alley,” Wilson said. “A lot of Bakers-
field people, people from Fresno.”

The shop, in its tenth year in busi-
ness, mainly specializes in traditional
American artwork, which includes
anything from ’50s pinup girls to
American flags. However, Wilson said
the shop always welcomes walk-ins.

“We pretty much do anything that
walk-ins would like,” even though
there’s other things we prefer to do,
like American traditional,” Wilson
said.

Wilson said the shop is unique
because of the good word spread by
satisfied customers.

“It’s been here for awhile — it has
a good reputation,” Wilson said.
Store hours are 12 p.m. to 8 p.m.
everyday.

KELLY COOPER
MUSTANG DAILY

Mothership Tattoo, located in Pismo Beach, is one of three parlors in the beach-
side town. The interior resembles that of a carnival fun house, with bright colors
nd knick-knacks lining the walls.

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Beaches of the Central Coast

Sarah Penn
SARAH.PENN@HUMBOLDT.COM

The Central Coast is home to some of the most geographically diverse and popular beaches in California, and many of these beaches are only a short drive from the Cal Poly campus.

Take a drive down the 101 Freeway and you'll find access to Montaña De Oro State Park, Shell Beach, Pismo State Beach and more.

Montaña De Oro State Park (Right)

The name is Spanish and means "Mountain of Gold" because, come springtime, it is blooming with yellow wildflowers. The 8,000-acre Montaña De Oro State Park offers a peaceful retreat for outdoor enthusiasts. The park has a wide geographic variety — from a eucalyptus grove to massive sand dunes to cliffs overlooking the ocean to large hills.

Wildlife is more prominent at Montaña De Oro than most other beaches because of the variety of ecology. Some wildlife that calls Montaña De Oro home are sea otters, sea lions, rattlesnakes and deer. Compared to other beach communities, the state park remains less disturbed by humans and is known as the locals' secret where they can mountain bike, hike or camp.

Local Martin Sears said he enjoys the varied terrain for his sports.

"At Montaña De Oro, if I want to be in a forest, I can ride in a forest," Sears said. "I want to be able to go to the ocean, that's possible too."

On its hiking and biking trails, Montaña Del Oro offers views of Morro Bay, including the bay itself and Morro Rock. Some trails take the hiker through the redwood grove. Others lead to the sea caves and caves. A hike to the summit of Montaña De Oro is a challenge, but it is well worth the effort.

Montaña de Oro State Park has a few different beaches. Here, visitors walk along the foggy Spooner's Cove. Another spot in the park, Hazards, has several active tide pools. And, for experienced surfers or for those who wish to lay out in the sun, Sandspit will satisfy either request. Aside from beaches, Montaña de Oro also has several hiking trails.

Avila Beach

The coastal town of San Luis Obispo, Avila Beach is a popular choice for college students. Golf courses, apple orchards, vineyards and hot springs can be seen on the drive to Avila. There are also spots to park to travel on the "Bob Jones Land-to-Lake" bike trail, a mountain biking trail that lives up to its name.

Port San Luis, located near the main beach in Avila, is one of the only spots to offer free fire pits and barbecues throughout the beach. The fire pits are first come, first serve, however, so it's important to get there early. Cal Poly students frequently take advantage of these fire pits for bonfires, especially during Cal Poly's Week of Welcome in late September.

There is a different atmosphere at Avila Beach during the evenings. Local James Sanders calls it a more "peaceful and quiet environment" than going downtown for drinks.

"I like to try to come out here every night in the summer because the beach has a different vibe at night," Sanders said.

Not only does Avila Beach offer a vast array of beach activities, but it also has beachfront dining and shopping. The restaurants along the beach feature Italian food, seafood, American food such as delis, and coffee shops.
Shell Beach

A few minutes south of Avila Beach lies the small and picturesque community of Shell Beach. As a part of the city of Pismo Beach, Shell Beach offers perfect launching areas for kayakers, small coves, steep bluffs and trails that overlook the Pacific Ocean. A pedestrian may take a path through the seaside neighborhoods of Shell Beach or choose to climb the bluffs along the highway that lead to viewpoints above the crashing ocean. The public walking trail is accessible on the corner of Shell Beach Road and El Portal Drive.

Vacationer and part-time local Lauren Larue said she finds time away from camping at Pismo State Beach to stroll along the bluffs of Shell Beach.

"It's so beautiful here and it's always clean; I've never seen bad weather here," Larue said. "The public walkway is easy for anyone to walk on and it has the amazing views."

Some of the gems in and around Shell Beach include recreational parks, the notorious Pismo Cove and an arts and crafts fair called "Art in the Park." The city parks include spots for wildlife viewing, barbecues pits and playgrounds for the younger crowd. Some wildlife that may be seen from Shell Beach are birds, pelicans, butterflies, seals, sea otters and whales.

Nestled between Avila Beach and Pismo Beach is Pirate's Cove, a secluded, "clothing optional" beach. Aside from curious onlookers, Pirate's Cove is known for attracting respectful elders who keep to themselves.

The Art in the Park event runs the first Sunday of every month from May to October. The event hosts arts and crafts from more than 100 local artists and also features live entertainment and food.

Shell Beach is also a hot spot for the college crowd because it is less traveled by families and police. For this reason, on weekends and any time temperatures peak, college students can be seen car pooling down 101 South.

Pismo State Beach (above)

Tommie O'Donoghue has lived in Pismo Beach since 2002. Before that, she lived in Austin, Texas for 17 years, but she said she ached to come back to the Central Coast.

Today, O'Donoghue now works for the Pismo Beach Chamber of Commerce.

"When people ask what is there to do in Pismo Beach, I tell them 'relax and get cool,'" O'Donoghue said.

At Pismo State Beach, which O'Donoghue said is mainly a tourist beach, the ideal climate allows for beach-going during all four seasons. The beach is not affected by tides so the water is calm from the pier on. However, the water tends to be a lot cooler than neighboring Avila Beach.

Surfing, kayaking, walking, horseback riding and ATV riding are exceptionally popular activities at Pismo State Beach. Although vehicles aren't allowed on Pismo State Beach, the Oceano Dunes, south of Pismo Beach, provide a chance for adventurous drivers to ride on large, soft sand dunes.

For less adventurous visitors, the area of Pismo Beach has approximately 40 restaurants such as steakhouses, Italian, Asian and seafood. Clams are a popular staple in the local seafood restaurants because Pismo Beach is known for its Pismo Clam. For savvy shoppers, the Pismo Beach Prime Outlets feature more than 40 name-brand, discounted outlet stores.

Cambria (above and right)

Cambria, known as the place where "the pines meet the sea," is just north of Cayucos on Highway 1. Divided into three areas, Cambria features East Village, West Village and Moonstone Beach Drive.

The East Village is home to Victorian-style buildings dating back to the 1870s that host a variety of art galleries, shops and places for dining. The West Village is closer to the ocean but shares the same layout as its eastern neighbor. There is a farmers' market every Friday at 2:30 p.m. that brings the East and West villages together on the shared Main Street.

Right by the ocean, Moonstone Drive runs in a loop near Highway 1. Along Moonstone Beach Drive, there are day use parks and beaches with opportunities for water activities — such as surfing and skimboarding — bicycling, picnicking, barbecuing and collecting shells or semiprecious stones such as moonstone or jade. Fishing is allowed only at certain locations.

Vacationers in Cambria often make a day trip to famed newspaper publisher William Randolph Hearst's castle located about 10 miles north of Cambria. Hearst Castle, now a California State Park, offers different tours daily, each one focusing on a specific area of the castle. Tickets are sold on site at the visitor's center, but reservations are recommended.

Cambria is known as the place where "the pines meet the sea." Here, the vegetation covers the surrounding cliffs.

see Beaches, page 66
**Beaches**

Approximately five miles north of the boating haven of Morro Bay is the quaint beach community of Cayucos. Listed by CNN as one of “America’s coolest small towns,” the Cayucos community has a downtown area that features dining, art galleries, shops and recreational activities such as pier fishing and skating at the local skate park.

Many of the restaurants in downtown Cayucos offer oceanfront dining and locally sourced ingredients of freshly caught fish. Rudell’s Smokehouse, a critically acclaimed restaurant by Coastal Living and Sunset magazines, is located right by the ocean and offers fresh meat presented in a taco, salad or sandwich. Rudell’s personifies the mellow vibe of Cayucos in the way it prepares its food; each meal is carefully and slowly smoked with flavor. Other notable dining experiences include Hoppie’s Bistro and Wine Bar and Schooners Wharf.

North of Cayucos there are many opportunities for outdoors exploring. Estero Bluffs State Park features 355 acres of coastal terrain and the California Coastal Trail extends the entire length of the California coast — and there are gateways to the trail near Cayucos. Sea lions can be seen diving off some of the rocky coast during certain times of the year.

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**Cayucos (below)**

Many of Cayucos’ restaurants serve locally caught fish and also offer ocean views. About 20 minutes away from Cal Poly, Cayucos also offers many outdoor exploring opportunities.

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Football looks to rebound from last year's losing season

It may be less than a month before football season starts, but the biggest question surrounding the Cal Poly football team is still unanswered. Will it be quarterback Andre Broadous or Tony Smith who leads Cal Poly's offense come September?

As the team awaits head coach Tim Walsh's decision in their first week of practice, either Smith or Broadous will be trying to help a program rebound from one of the worst seasons of the decade — at least on paper.

Cal Poly went (4-7) last season, finishing at the bottom of the Great West. The Mustangs couldn’t win a single game on the road and finished outside of the national polls for the first time since 2003 — while also suffering their first losing season since 2002.

"It's a team game and it's about winning," Walsh said. "We are going to try to do the best thing that's going to give this team the opportunity to win as many games as it can."

"I look back at last season, if there was one disappointment it was that we as a program didn't finish," Walsh said. "And in the game of football, with the schedule that we play, if we don't start well and we don't finish well, we're going to struggle."

Cal Poly plays two home games to start the season, but may not have full attendance due to the academic calendar. By the time fall quarter begins, Cal Poly will be in the third week of its season. In week two, Cal Poly faced off against Montana — a team who went undefeated a year ago and made their hot hands all the way to the PCS championship, falling to Villanova 25-21.

Three weeks after that, Cal Poly will travel to Fresno State — a usual Western Athletic Conference contender who very well could have a struggle hold on the crown on the conference if Boise State were out of the picture — in the third game of a five game road trip.

Then the Mustangs return home for three of their last four games and host rival UC Davis in the final game of the 2010 season.

Opponents aside, Cal Poly will be aiming for one thing come September. There will be no talk of national championships, national rankings, or all-conference teams — the only thing Walsh wants his team to focus on is where they stand come November.

"Our goal period, end of statement, is to win the Great West," Walsh said. "If we go above and beyond that's great, but our job this year is to win the Great West championship, beat UC Davis here on the last week of the season and whatever happens after that happens."

This story was originally published on Aug. 11, 2010.

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Football looks to reclaim the ‘Golden Horseshoe’ from UC Davis

Amanda Sedo
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Minnesota and Michigan have “The Little Brown Jug,” Ohio State and Illinois have the “Illibuck Trophy” and Army, Navy and Air Force have the “Commander-in-Chief’s Trophy.” Lesser known, however, is the “Golden Horseshoe,” a trophy that Cal Poly and UC Davis football players battle for each year.

Cal Poly and UC Davis went head-to-head for the first time in 1938, but it wasn’t a huge rivalry until the ’70s. The two teams became “official” rivals in 2004 when the “Golden Horseshoe” was introduced.

Recently, the Aggie Pack hopes to keep the trophy exactly as made, whereas the Maniacs have been looking for ways to improve it.

“When Cal Poly won in 2006 (the Maniacs) decided to beautify it ... We took the idea from USC and Notre Dame to put a green or blue gem on the Horseshoe for the team that won (each year),” said Mustang Maniacs co-chair, Kyle Rosso.

However, last year when the Aggies beat the Mustangs in the rivalry game at UC Davis, the Aggie Pack removed the gems.

“We didn’t really agree with the gems and felt that the trophy was better without it,” said the emcee of the Aggie Pack, Thomas Wolfe.

The Mustang Maniacs and the Aggie Pack have similar goals when it comes to promoting this game — both hold rallies, create Facebook groups and continuously remind people about the game to get as many fans as possible to show up each Saturday. Each group believes it has the biggest and most supportive fan base.

“This is our number one rival,” Wolfe said. “We will be making a four-hour drive down to Cal Poly to be there to make noise.”

Rosso, however, is adamant that Cal Poly has the advantage because he said its fans have more spirit.

“Believe that any rivalry is good for schools and sports,” Rosso said. “[And] it’s a big part of the college experience too.”

In addition to the rivalry among the fans, Cal Poly quarterback Asa Jackson said there is tension and “extra energy” between the football players on the field.

Given the tie between Cal Poly and UC Davis, Jackson said it is an even bigger game for him and other players because during high school, he, along with a handful of other players, were recruited by UC Davis — but chose to join the Mustangs. Wolfe said that because the schools are similar academically, many students find themselves choosing between the two — adding fuel to the rivalry.

This season, UC Davis was selected by the Big West coaches as the preseason favorite to win the Great West conference, with Cal Poly coming in second. With Cal Poly the Great West winner in 2008 and UC Davis the champion in 2009 each team knows it may come down to getting past the other in order to contend for the Great West.

“We know that we have to win this game in order to reach our main goal — which is to win the Great West,” Jackson said.

The Mustang players are coming into this year’s game with a chip on their shoulders after losing to UC Davis 23-10 last season.

However, a positive thing for the Mustangs is that this year it will have the support of its home crowd and the Mustang Maniacs at Alex G. Spanos Stadium on Nov. 13.

“This game is going to be on our soil,” Rosso said. “It is up to us to show Davis what we are made of.”

But the Aggie Pack is not going down without a fight.

“We are going to be there to make some noise,” Wolfe said. “We definitely want to be louder than the competition.”

The Mustang Maniacs, however, are confident in the team and are ready to take back the Golden Horseshoe.

“We can’t wait to get the horse­shoe back,” Rosso said. “We plan to put the gems back on when we win to make it better.”

The Mustangs will be doing all it can to return the Golden Horseshoe to who they believe is the proper owner. And as always, the game will be a heated one that involves students dressed in “Beat Davis” shirts and the Aggie Pack taking up an entire set of bleachers in the end zone.

“The UC Davis game is the last home game of the season,” Rosso said. “I can’t think of a better way to end it.”

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Former Cal Poly quarterback Jonathan Dally rushed for 173 yards and passed for 93 in the 2008 Davis-Poly matchup.
From Poly to the Pros: the Chris Gocong story

Brian De Los Santos
MUSTANGDAILYSPORTS@gmail.com

Football schematics can often be challenging. When looking at play art, there can be so many signs and shorthand that it looks more like hieroglyphics rather than anything comprehensible. With numerous Xs, Os, squares and circles, it seems coaches are often in search of discovering a new form of Pictionary as opposed to a standard play call.

Take all that, add a blitz-crazy playbook and a legendary defensive mind, and the task may seem nearly impossible for any individual to grasp — especially for a player picking up a position he had never played before.

Not for former Cal Poly defensive end Chris Gocong.

“He has a special mind. There are a lot of guys who have a special mind, but don’t necessarily have the athletic ability that Chris has,” former Cal Poly linebacker Kyle Shoewell said. “Then pair his intelligent mind to his incredibly athletic body and you get a specimen. That is what Chris is.”

Gocong can thank his engineering degree and Cal Poly football experience for that.

“In the scheme he played for on the (Philadelphia) Eagles, they arc notorious for probably being the most complex defense — schematically — in the NFL,” Shoewell said. “The fact that he was able to go on to the NFL, in arguably the most complex defense and learn a completely new position, to be able to do that takes an extremely bright individual. Not many guys can do that — Chris is one of those guys.”

Don’t let his mind deceive you. The Cal Poly football legend wasn’t all smarts. For years, he haunted the dreams of Great West quarterbacks. His intellect and knack for finding the quarterback earned him a Buck Buchanan award in 2005 — recognizing him as the best defensive player in the country. After stepping off the collegiate field for the final time, Gocong ranked second all-time at Cal Poly with 42 career sacks, ninth all-time at Cal Poly with 42 single-season tackles and 10th in Cal Poly history with 212 career tackles.

But he hasn’t always been that dominant.

Learning curves

It seemed as if no matter where he was on the field, Gocong could get to the quarterback. Throughout the majority of his football career, he possessed the ability to a quarterback anywhere on the defensive line and sometimes at linebacker.

Yeah, even really smart guys do really dumb things. Like that ill-advised leap off the end of the pier. You need to know your limits. And your way to Sierra Vista’s Emergency Room.
Gocong

continued from page 70

come national signing day, no colleges saw the potential in a high school Go-cong.

"No one really recruited me for football. I had a few Ivy League schools looking at me, but it wasn't anything too serious where they offered me a scholarship," Gocong said.

He started his football career at Carpinteria High School. Despite never playing football before high school, Gocong was a three-year letter-winner at quarterback and linebacker. He made 180 tackles as a junior, 150 as a senior, while scoring 11 touchdowns on defense and threw for four more as a senior. It didn't stop there; he was also a stand-out in track and field. The two-sport athlete set a school record in the discus and nabbed two all-league honors in the discus and shot put.

But not even those stats landed on Cal Poly head coach Rich Ellerson's radar. Entering his first season at Cal Poly, Ellerson was looking for an answer to turning around a team that had recorded three consecutive 3-8 seasons.

"Our track coaches were the ones that made us aware of him," Ellerson said. "They came to us and said, 'Hey, we need to split this guy because we want him to come throw.' Ironically, he never did throw at Cal Poly."

Ellerson glanced at Gocong's playing tape, but wasn't completely sold. He said one thing was for certain: the fact that he excelled on both sides of the football field showed him something.

"His actual playing tape from football was not remarkable. It certainly showed he was athletic and it showed that he had that position flexibility and it showed that his coaches in high school obviously had a high regard for his athleticism, but the tape itself didn't scream that at you," Ellerson said.

Despite the doubts, Ellerson gave Gocong his chance at the collegiate level — as a Mustang.

The three-point stance

Gocong already proved himself at see Gocong, page 72

Former Cal Poly defensive end Chris Gocong (53) ranks second all-time at Cal Poly with 42 career sacks, ninth all-time at Cal Poly with 42 single-season tackles and 10th at Cal Poly with 212 career tackles.

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Gocong, continued from page 71

arguably two of the hardest positions on the football field in high school. He would tear defenses up with his defensive line — the defensive end where he nearly doubled his total tackles (71) and finished with 17.5 sacks.

In his redshirt sophomore season, due to injuries, he was asked to move off the defensive line and recorded just six tackles, and the following season, he redshirted and didn’t play.

His explosiveness warranted him a shot on the defensive line — defensive end more specifically — but on paper, he didn’t make much of a name for himself in his first two years. He played his freshman season and recorded just six tackles, and the following season, he redshirted and didn’t play.

In his redshirt sophomore season, due to injuries, he was asked to move from a defensive end to an interior defensive lineman. It didn’t give him a chance to be an explosive and disruptive pass rusher, but it presented a different challenge.

“He wasn’t the stature you would look for, but he was clearly the best guy we could put inside physically,” Ellerson said. “He had the explosiveness to play and the strength to play in there. That gave us a chance to have a successful season.”

Gocong helped his team to a 7-4 season. Even though he was playing a new position, he still saw improvement from his freshman season. He finished with 33 tackles and just one sack. In 2004, Gocong returned to what Ellerson would later call his “natural position,” defensive end, where he nearly doubled his total tackles (71) and finished with 17.5 sacks.

At this point, Gocong didn’t have his eyes set on playing professionally and even if he was, there were better choices than Cal Poly to help him get to the NFL. A member of Division I-AA, now known as the FCS, Cal Poly was known more for its academics than its athletic programs. But Gocong also wanted to be an engineer — a factor in his decision to play for Ellerson.

“While I was dead serious about my education,” Ellerson said, “He had come to Cal Poly because of the engineering program and he was going to take advantage of that.”

He ended up in engineering at Cal Poly, but as a kid, he never really knew what his childhood dream was. Not even in college did Gocong have a solid outlook on how he would use his degree.

“I really didn’t think about too much of my (professional) career,” Gocong said. “Even up to my sophomore year in college, I figured I’d be an engineer. I’d play football and do whatever.”

It wasn’t until midway through the offseason that he found out he had a shot at something most dream about.

Eyes on the prize

Pass rushing is a lot different in the pros than in college.

Linemen grow in size, standing as tall as 6-foot-6 and tipping the scales at more than 300 pounds. Wingspans grow, forcing defensive linemen to make shorter, more calculated routes to quarterbacks. Not to mention most get stronger, forcing some pass rushers to fight brute force with speed and agility.

It becomes an arms race to see who can win the battle in the trenches. Linebackers and defensive ends have to adapt — adding new tools other than therips, spins and jukes which, for some have become nearly obsolete. After all, an excellent pass rusher can nearly incapacitate any offensive momentum. However, it’s not often you find players who have the physical tools to get past walls on the offensive line.

This was Gocong’s specialty, but it wasn’t until near the end of his collegiate career that he realized those skills gave him a chance to play on Sundays.

“At the end of my junior year, Jordan Beck got drafted and I realized, ‘Oh wow, maybe I do have a chance to play in the NFL,’” Gocong said.

“That whole year, that made me really focus a lot of energy on working out and getting myself right for the next season.”

Heading into his senior season, while also finishing up his academic career, Gocong trained for his final football season harder than ever before.

see Gocong, page 77
The 'student' side to Cal Poly student athletes

Anthony Pannone

s an empty room on the second floor of Roberts E. Moss Physical Education building, sitting at a desk and mumbling to herself, Rachel Clancy studies a packet of biology notes. It's 7 a.m., and the junior guard on the Cal Poly women's basketball team has practice in an hour. For Clancy, sneaking an extra glance is worth the early rise. It helps her stay ahead of the game.

Student athletes are a mix of physical ability and mental toughness. Demands to succeed hover over them both on and off their respective playing fields; it's an ever-present shuffling between classroom diligence and competition. At Cal Poly, the academic standards are tough — academic probation officers come knocking if a student's grade point average (GPA) falls below 2.0. But there is a double standard for student athletes: the repercussions of missing grades are far more severe than a quarter on probation.

Student athletes across the country are expected to succeed in school and on the field. College and NCA/A eligibility requirements ensure of a raised academic bar, Cal Poly said young athletes benefit from because it prepares them both physically and mentally for college life — and receives a C- average (under 2.0 GPA) right of the bat. And unlike NCAA policy, at Cal Poly, freshmen athletes' GPA is reported after their first term, not after their first completed year. Furthermore, if an incoming freshman athlete attends summer school — which men's basketball head coach Joe Callero said young athletes benefit from because it prepares them both physically and mentally for college life — and receives a C- average (under 2.0 GPA), then that player is ineligible to play his or her sport in fall quarter. The player, if held by NCAA standards, would remain ineligible and have a chance to raise his or her GPA until the end of the year.

Even with the looming pressures of a raised academic bar, Cal Poly athletes relentlessly train their minds and bodies.

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Students
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Microbiology senior James Chen, a defensive lineman on the football team, carries a 3.7 GPA and has appeared on the Dean’s List seven times. He said the season’s schedule makes staying on top of coursework difficult.

“The most challenging part is traveling, hours of practicing and the pressure to succeed at both,” he said. “Flying and being gone over the weekends and coming back and having to watch film all day Sunday allows for limited studying hours over the weekend.”

And the wear-and-tear from practice catches up to Chen and his teammates.

“Another challenge is going to school and studying after tough practices,” he said. “Some days, we have practice from 6:45 a.m. to 9:00 a.m. (hitting each other) but can have a one-to-two-hour (weight training) that very same day. On those days, your body just asks for the remainder of the day, and it is only 11 a.m., with a full schedule and possible midterms left.” Although a necessary evil that keeps them on the academic ball, Academic Progress Reports grade student-athletes and subsequently, their team.

In 2003, as part of an academic reform policy, the NCAA developed Academic Progress Reports (APR). Stephens said the goal of the reports is ensuring student-athletes make progress toward completing their degree requirements. He said the reports are public scorecards that record a team’s previous four years of eligibility, and, in turn, influence that team for future years. The NCAA also requires all Division-I institutions to submit these academic reports each term.

Keeping track of athletes’ progress is a numbers game in itself. Cal Poly, after its first year at the helm of the men’s basketball team, finished with a 12-19 record after making it to the Big West playoff.

The men’s basketball team has players above a 2.5 GPA, which is testament to Callero’s rapport.

Eric Engelhardt, assistant athletics director for academic performance at Seattle University, who Callero coached for eight years, said he believes Cal Poly hired Callero because of his success in leading a team toward academic excellence.

“Callero pushes his players at a new university, too,” he said. “Our guys are earning the scholarships,” Callero said. “They’re going to leave here with a tremendous education.”

Despite the quality of education athletes receive from Cal Poly, there is some disconnect between the APR and actual success.

The APR is a points-based system. Athletes accrue points for their team and subsequently the situation. They are given points according to NCAA eligibility criteria — Credential full-time enrollment and meeting the minimum GPA a front-line requirements. Others exist, but these two are most crucial.

Any requirements not fulfilled result in a deduction of points. Points to a team are like gold to a miner.

The benchmark is 925 points and is standard for all Division-I teams. If athletes consistently fall below institutional standards at requirements, teams lose points. Collectively, teams falling below 925 points are subject to penalties, such as loss of scholarships postseason snubs. The penalties are based on how long a team stays below the 925-point yardstick.

According to NCAA.org, the multi-year APR for California State University, Sacramento, the men’s basketball team has 925 points are subject to penalties, such as loss of scholarships postseason snubs. The penalties are based on how long a team stays below the 925-point yardstick.
You have to be very focused and driven in both academics and the sport to excel, especially here at Cal Poly.

— David Hanson
Mens basketball forward

"Study hall is good because the distractions aren't there. When you go home, there is always something going on and it is easy to get side-tracked," Hanson said.

While study hall seems mandatory across the board, it's really up to the coaches. Calippo said meeting the 3.0 benchmark on his team gets his players an "out-of-jail free card."

Clancy said women's basketball players who make 3.0 GPA or higher don't have to attend study hall. With academic success comes respect as a maturing adult, therefore, athletes who prove it are left alone to take care of their own business.

"As you get older, (coaches) become flexible. You earn your way out of it," she said, regarding the team's study hall policy.

Women's tennis star Serfi Wong, who has been on the Dean's list four times and was Big West Scholar of the Year 2009, said Coach Hugh Bream creates a scholastic environment in which academics are a priority for his players.

"Coach is really good about putting our studies first," she said. "We've established a trusting relationship where he knows that I am a self-disciplined student, and if I ever need to take a day off practice to study, he's OK with it, and I can make up practice afterwards. He also schedules our practices around the juniors' and seniors' mandatory classes."

Chen said the trade-off between playing hard and studying harder is a testament to the quality of a Cal Poly diploma.

"I think a lot of athletes challenge themselves to be good at both their sport as well as in the books," he said. "Above eligibility, most of our athletes, including myself, regard our education very highly, because we have goals such as further education or getting a good job after graduation."

This article was originally published on May 03, 2010.
Women's volleyball gears for ‘tough teams’ in 2010

Amanda Sedo
AMANDASEO.MD^GMAIL.COM

The Cal Poly women’s volleyball team released its 2010 regular season schedule. Twenty-nine matches are scheduled, including games against Arizona, Notre Dame and Nebraska, while attending the Shamrock Invitational, Nike Invitational, Nike Cougar Challenge and Aggie Invitational tournaments.

In eight of these contests, the Mustangs will face teams that made significant noise last year. "We play some tough teams but as a senior that's what I look forward to," middle blocker Dominique Owolola said.

With five returning starters coming back for the Mustangs in 2010, this squad is looking to compete with the best. "Playing these teams is pretty big for us. We always want a tough schedule in order to challenge ourselves," junior outside hitter Catie Smith said.

Despite an injury that may sideline sophomore outside hitter Megan McConnell, Cal Poly is also adding another freshman outside hitter, Kristina Graven, to its stacked roster.

Then on Sept. 4, the team played Nebraska — a team that made it to the NCAA tournament last year, as well as Idaho State that same day.

On Sept. 9, Cal Poly attended the Nike Cougar Challenge at Washington State playing Eastern Washington. Two days later, the Mustangs faced Montana State. The tournament concluded for the Mustangs that same day when they played Washington State.

After that, the Mustangs will head to the Aggie Invitational at the University of Utah. The next two home games are against Portland and the University of Idaho.

"It's nice to be really deep in the outside hitter position," Owolola said.

The Mustangs are trying to rebound from a 2009 season where they finished 9-20 overall and 5-11 in the Big West Conference. However, with a young team last year, 2010 looks to be a turn-around year for Cal Poly.

"With most of the players returning, we are expecting a very different record this year," McConnell said.

Cal Poly opened the season on Aug. 27 against Arizona in tournament play. The competition concluded the following day with a match against Marshall, then a match against Notre Dame — a squad that won the 2009 Big East title.

On Sept. 3, the Mustangs faced BYU at the Cougars home court for the BYU Nike Invitational.

With most of the players returning, we are expecting a very different record this year.

— Megan McConnell

Women’s volleyball outside hitter

With most of the players returning, we are expecting a very different record this year.

— Megan McConnell

Women’s volleyball outside hitter

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He was right in there working just as hard as the next guy," Shotwell said. "He was always doing what it takes to maximize his God-given skills. He is definitely one of the strongest guys I have ever been round in the weight room."

Gocong did not have straight-line speed (he clocked a 4.81 40-yard dash), but what made him dominant was his quickness. He couldn't outrun a wide receiver, but he had the acceleration to reach 0-to-60 in seconds.

"The guy is pretty much at full speed after two steps," Shotwell said. "He was extremely gifted with being able to get to full speed in a short amount of time. Most people were probably faster than Chris, but none can really dominate a game. He is a game changer."

In a week five matchup against Northern Colorado, that explosive skill was put on display.

All game, crouched in a three-point stance on the defensive line was a 6-foot-3, 265-pound defensive end — Gocong. He constantly aimed for one thing — and one thing only — to pummel Northern Colorado quarterback TJ Swanson into the turf.

On one play, he got his wish. "It was almost like he knew when the quarterback was going to say, 'Hike,'" Shotwell said. Coaches often tell quarterbacks they have about three seconds to release the ball before they're laying on their backs. On this play, Swanson had far less than that. Gocong blew past the tackle almost immediately off the cadence and collided with the quarterback.

"It was almost like he was saying, 'Don't even try and pass the ball; you are not going to get much time,'" Shotwell said. "It was right then when I realized, 'Wow, this guy can really dominate a game.' He is a game changer."

Gocong was aiming for a goal that not many players in Cal Poly's football history have accomplished. He was competing for a starting job on 32 NFL teams, while competing in a subdivision of Division I that is often hidden in the shadows of marred programs such as USC, Miami and Texas.

"It was tough. Coming out of a (Football Championship Subdivision) school was tough, because even though you may have dominated the competition, it's always, 'Oh, you went to (an FCS school),"" Gocong said. "People don't expect, when you play football at Cal Poly, that you're going to be in the NFL."

But his 212 tackles, 58 tackles for loss and 42 sacks at Cal Poly didn't go unnoticed.
The Cardinal are counting on a good Luck in 2010

Elliott Almond
San Jose Mercury News

STANFORD, Calif. — Andrew Luck opens the 2010 season as the most celebrated Stanford quarterback this side of John Elway, a grounded, whip-smart athlete who might emerge as a leading Heisman Trophy candidate as well as a top NFL draft prospect.

But let's not get ahead of ourselves. Two central questions will chase Luck into the post-Toby Gerhart era like pass rushers bent on mayhem:

1. Can he smooth the transition for an unproven corps of tailbacks asked to see Luck?

If Andrew Luck can live up to the hype, the senior may be able to lead the Cardinal to a BCS bowl, and maybe even a national championship.

see Luck, page 79
Jim Harbaugh said of his quarterback winning the conference title for the team's second-leading rusher beyond a doubt he belongs alongside starter wide receiver corps that released questions about his NFL season media poll but has its sights slumping? continued from page 78

The 6-foot-4, 235-pound sophomore at Stanford with Elway. said Dressel, a tight end who played at Stanford with Elway. "He's looking forward to that," he said this summer with Chris Dressel, a former NFL team mate of Luck's.

"I wouldn't necessarily say it's my time," said Todd Hauck, a Stanford broadcaster who led the Cardinal to the 2000 Rose Bowl as a quarterback. To which the young man fueling the optimism replies, hold on a second. Luck doesn't have a 3.8 grade-point average while majoring in architectural design with being able to sketch a sound plan on the fly.

"You start to get in trouble if you think about things that you really have no control over," he recently said while standing in Stanford Stadium. The quarterback from Houston tries to defuse expectations in an aw-shucks, Texan manner, saying he's just one returning part of a school-record offense.

"I wouldn't necessarily say it's my team; it's the players' team," he said. Not exactly true. Stanford will go only as far as Luck can lead it, similar to what unfolded last season when Gerhart rushed for 1,871 yards and 28 touchdowns.

"He's taking more of an initiative of being a master of the offense," said Trent Dilfer, an ESPN analyst and former 49ers quarterback. "He's just going to have to pick it up a little bit." Luck, who turns 21 next month, has embraced the change saying he won't leave the Cardinal exposed. The 6-foot-4, 235-pound sophomore talked about the adjustment this summer with Chris Dreesel, a former NFL teammate of Luck's father, Oliver. Andrew understands he'll get hit more this year as defenses focus on him with Gerhart out of the way.

"He's looking forward to that," said Dreesel, a tight end who played at Stanford with Elway. Luck isn't looking forward to addressing questions about his NFL prospects all season. He swears he hasn't thought much beyond this fall — even if everyone else in the football universe has speculated about his future.

Where he travels next probably will depend on how well Stanford does on the back of playing in the Sun Bowl last New Year's Eve. "If he plays as well as we expect him to play, and as well as Stanford needs him to play, then he will be the highest-rated player in the draft next year," said Trent Dilfer, an ESPN analyst and former 49ers quarterback. Dilfer predicts Luck will travel far because "his lower-body mechanics are as good as anyone I've seen playing football right now. I'd put him up there with Philip Rivers, Tom Brady and Drew Brees."

Before Luck can talk about the draft he has to show NFL scouts he can handle third-down plays while facing combination zones and blitz schemes. Gerhart was "a great security blanket for a young quarterback," Husk said of the Heisman runner-up's ability to keep drives alive. "It's going to come down to third-down execution." Luck, whose sister Mary Ellen is a freshman on the Cardinal volleyball team, said he struggled last year more than fans realized. He told his father, a star quarterback at West Virginia from 1978-81, "Half the time I was winging it."

Added Luck, "There were certain situations where I was in over my head. I was lucky to have a great team around me and Toby to bail me out."

Luck sure could have fooled everyone else. But if that's really the case, the Stanford Cardinal can't wait for the encore.
What happened in the 2009-10 season of athletics?

Amanda Sedor

The 2009-2010 season was a high point in the history of Cal Poly sports. However, the team did not enjoy a perfect season, as there were a few games that stood out in their own right.

Firstly, the women's soccer team made it to the NCAA tournament and finished in 3rd place. The team was seeded third and faced UC Santa Barbara in the first round. The Mustangs won 2-0, setting up a 3rd round match against UC Santa Barbara. In the final match, the Mustangs defeated Santa Barbara 1-0.

In men's football, the team played against some of the best teams in the nation. Despite not winning the Big West title, they still managed to have a successful season. The team played against some of their biggest rivals, including UC Santa Barbara and Arizona State.

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In conclusion, the 2009-2010 season was a successful one for Cal Poly sports. The team managed to win some of their biggest rivalries and made it to the NCAA tournament.
about Cal Poly fall sports

Mustangs to watch

Football
Quarterback Andre Broadnax and Tony Smith

Injuries in the offseason warned down the position battle between these two players in fall camp. With Smith (6-7) the starter a year ago, many fans thought the entire Broadnax (6-1) would be a better fit for Cal Poly’s triple-option offense. Broadnax gained 6,000 yards of total offense at Grant High School in 2006 and 2007 and has had the word “potential” wrapped around him ever since he stepped on campus.

As for Smith, the Utah transfer posted a 2.12 Big West average last season and led the Mustangs to a 4-7 record.

The injuries may end up forcing one quarterback to start the season by default, but don’t expect — who ever emerges being pegged as the primary guy on the depth chart — to be set in stone.

Linebackers Marty Mohamed and Mustapha Kria

When opponents decide to run the ball against the Mustangs they will be greeted by a very experienced defensive front. If they break through, linebacker Marty Mohamed (right, 17) will be there to greet them. As a junior last season, Mohamed tallied 19 tackles and said — despite him being that number could, and maybe should, have been much higher. If the linebackers prove what he saw as flaws in his game, expect him to be a force for the Mustangs in 2010.

Cornerback: Ass Jackson

Ever since Ass Jackson became one of the few true freshmen to start in his first game, he has been a playmaker. With being dubbed preseason Defensive Player of the Year, don’t expect small numbers posted by one of the Mustangs’ defensive gems.

Volleyball
Middle Blockers Dominique Overalafe

Middle blocker Dominique Overalafe could have very well been the face of the volleyball program for the past couple of years. As a freshman, she started on the roster — nabbing a spot on the Big West All-Freshman team after finishing seventh in the Big West with 1.12 kills per set and ninth with .287 hitting percentage. While also tallying a .260 block out in the fifth set for the Poly football team, defeating Wisconsin — a preseason FBS team and came two points from playing against FBS opponents.

Although these two teams have never played each other in football, the Mustangs will face two programs historically tough through last season, Cal Poly womens volleyball recorded 25 wins, 17 losses and 5-11 in the Big West conference.

Although the two teams have never played each other in football, the Mustangs will face two programs historically tough through last season, Cal Poly womens volleyball recorded 25 wins, 17 losses and 5-11 in the Big West conference.

In the last two matchups over 9,000 fans packed the indoor stadium, and in 2005 fans set the record for attendance with 11,075 fans.

If you’re looking for a fun-filled evening and you’re near San Luis Obispo, Mustangs in 2010 could definitely become Cal Poly back to a program.

Men’s soccer vs. UC Davis
Nov. 13

There is no question that this is always the one game circled on Mustang soccer fans’ calendars.

Last year, these two teams pack stadiums and cause college town chaos in the stands. Fights, chants, scuffles, random flying objects, it’s never easy to predict what you will see when these two teams meet.

Last season, the two met tied in Allen Field, Spinnie Stadium, and fans saw that both teams were going to be holding for the same result this year.

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Football vs. UC Davis
Oct. 29

This is a game circled on the football calendar for two reasons. First, Cal Poly will be looking to match back the "Golden hammer", from its win last season and the Mustangs 25-10 last season.

Second, the contest against the Aggies marks the final game of the season for the Mustangs — and with the Aggies the preseason favorites in the conference, and the Mustangs picked to finish second, this game could very well decide who wins the Big West, and moves into the playoffs.

Spindletop on the fact that Cal Poly will be looking on rebounded from one of its worst records on paper, and it adds up to a huge matchup at the end of the season.

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Women’s volleyball vs. UC Irvine
Oct. 23

Cal Poly womens volleyball has a packed schedule where it face eight teams who clinched berths into the NCAA tournament last year. This makes almost any match an exciting one. But even the players agree that the Oct. 23 match versus UC Irvine will be one to watch.

Cal Poly went 9-2 overall and 5-1 in the Big West conference a season ago. Despite the numbers, last year was deemed successful by a few of the players saying it was due to having such a young squad.

With five starters returning, the Mustangs — who lost two of the starters in both matches last year —hope to come out with a much better record and also with a win against UC Irvine on their home court.
Top football games: the good, the bad and the heartwrenching

Leticia Rodriguez
LETICIA.RODRIGUEZ.MD@EMAIL.COM

Since its first game in 1915, the Cal Poly Mustang football team has had its ups and downs. The team has smashed challengers at home, been victorious in last-second plays and been doubted, mocked and then praised. These are our picks of the top five football games of the past few years, both good and bad.

5. The Triple Win
Cal Poly vs. UC Davis. Nov. 16, 2008 at Alex G. Spanos Stadium

While beating the Aggies 51-28 is certainly something to boast about, the reason this game has become so memorable is because not only did the Mustangs win the annual Golden Horseshoe Classic and defeat the Aggies at home for the first time in 12 years, but it was also the team's third Great West Conference championship title.

"It was exciting to beat UC Davis at home," senior strong safety David Fullerton said. "Our goal was to win the conference title and we checked it off because we did it."

Offensively, the Mustangs had 522 total yards to the Aggies' 427, and quarterback Jonathan Dally rushed for 173 yards. Defensively, the team scored big. Cornerback Asa Jackson had seven tackles and linebacker Carlton Gillespie and defensive end Ryan Shoewell each earned a sack. In the final score of the game, see Games, page 83.

Just after Ramiess Barden put the Mustangs up a touchdown in OT against the Badgers, placekicker Andrew Gardner continued to struggle, missing his third extra point. With the momentum, running back John Clay rushed for a six-yard touchdown to tie the game. The ensuing point-after crushed the chance of the dreamy upset and sent Cal Poly home losers, 36-35.
Games
continued from page 82

Fullerton intercepted a thrown-away pass for a 38-yard touchdown by the Davis quarterback who tried to elude a sack. The interception was his fourth of the season.

"It was a real defensive play. I was in the right spot at the right time," Fullerton said.

What makes the game so memorable for Fullerton, however, was not the interception, but seeing the fans in the stands singing the fight song and winning his first conference title with the Mustangs.

"We were going crazy," he said.

"It felt good to hoist the trophy up. It was a team effort throughout the entire game."

6. The Heartbreaker
Cal Poly vs. Montana, Sept. 6, 2008 at Alex G. Spanos Stadium

Coming off a great upset against San Diego State a week prior, the Mustangs were ready to deliver against the Grizzlies. But when placekicker Andrew Gardner missed a 27-yard last-minute field goal that could have clinched it, the Mustangs lost to Montana 30-28 in front of approximately 10,000 fans.

Former quarterback Jonathan Dally doesn't think it's fair to pin the game on Gardner.

"After it happened it was like 'did that just happen? Did we just lose? (But) we were all kind of shocked by our performance," he said. "We knew where we messed up (but) we had to be mature about it and come back next week and start our season over."

Even though this game is most memorable for the missed kick with seconds remaining, other members of the team struggled as well. Fullerton (who had inherited punting duties that year), had his first punt blocked seconds into the first quarter at about the 34-yard line only to see it turned into a touchdown by an untouched Montana wide receiver.

see Games, page 84

Wide receiver Ramses Barden caught seven passes for 161 yards and a touchdown in the Mustangs upset against SDSU.
Monday, September 13, 2010

Games
continued from page 83

Dally struggled as well in the fourth quarter when he was tackled and ultimately fumbled the ball at the Cal Poly 3-yard line, resulting in a safety for Montana and a touchdown three minutes later.

But the game wasn’t all bad for the Mustangs. Dally managed to split the defense for a touchdown pass to senior wide receiver Ramses Barden at the 20-yard line in the first and again for a touchdown pass in the second. He also completed 16 of 23 passes and aided Barden in breaking the Cal Poly touchdown record with 35.

Defensive ends Ryan Shotwell and Sean Lawyer also had a great game. Shotwell had a season-high seven tackles and not only was Lawyer named the Great West Defensive Player of the Week (a rarity considering his team had just lost), but he also recorded 2.5 sacks and 11 tackles.

“Sean Lawyer is a beast,” Fullerston said with laughter. “He’s probably one of the best D-liners we’ve ever had.”

In spite of the longstanding rivalry with Montana, Fullerton can still acknowledge a good team when he sees one and didn’t let the 2008 loss affect the rest of the season.

3. The Aztec Upset

In the opening game of the 2008 season, the Mustang football team beat the San Diego Aztecs with a last-second 21-yard field goal by Gardner to end the game 29-27. The game was a surprising upset, because the Football Bowl Subdivision Aztecs were heavily favored. Dally said winning the game at Qualcomm Stadium with a last-second field goal
James Noble also had a great game. "We didn't let off the gas," he said. Noble recorded a sack and a fumble recovery. It seemed straight out of a movie.

Gillespie said. "It was a cold-weather game and it was definitely where we felt like we wanted to be."

Capturing on four turnovers by the Aztecs in the first half alone, the Mustangs were able to take an early 16-7 lead by accumulating 101 yards on the ground. With a forced fumble caused by defensive lineman James Chen, linebacker Carlton Gillespie was able to recover, and Cal Poly scored again four plays later when Ryan Mole ran the ball in for the touchdown. In fact, it wasn't until the second quarter that the Aztecs even made it onto the scoreboard and they never led until 6-51 left in the game when they scored a five-yard rushing touchdown. They failed to gain the extra point with a two-point conversion, leaving them with a mere one-point lead. The Mustangs were able to set up the field goal by a 53-yard drive to the Aztec 4-yard line with completion passes to Burden.

"It was a really exciting game," Gillespie said. "It was the first game of the season so it kind of had to set the tone."

While the Aztecs led the Mustangs in number of downs (21-23), the Mustangs dominated in total yards with 483 to San Diego's 379. The Mustang held the ball 16 minutes longer than the Aztecs. Defensively, the Cal Poly football team came out on top as well. Leading the team in tackles, linebacker Fred Hiver II had 10 with fellow linebacker Marty Mohamed trailing closely behind with eight. In addition to his forced fumble, Chen (who was out most of the 2007 season due to an injury) also recorded a sack and a fumble recovery.

2. The Comeback Kids

Cal Poly vs Montana Nov. 26, 2005 at Washington-Grizzly Stadium in Missoula, MT

Still feeling the pain from a 36-27 loss to the Grizzlies in the regular season, the Mustangs faced Montana again in the first round of playoffs and beat them for the first time in 11 years in a 35-21 upset. Former linebeaker and 2006 Buck Buchanan award winner Kyle Shoerlov (now a defensive assistant coach for the Mustangs), said the team knew they were coming down on him. It's kind of sad that he let that get to him and stopped playing collegiate football," Dally said. "We didn't console him as a team, which kind of broke his spirit but at the time we had no kind of move on. We had to show him through our work ethic that it was time to step up and do our job. You're kind of more concerned for him as a person than a player."

Batting a physically bigger team, Cal Poly jumped onto the scoreboard in the first 21 minutes of the game with a 13-0 lead over the Badgers. The initial touchdown came from a forced fumble by cornerback Aja Jackson, allowing the team to gain 60 yards in 11 plays. The game was a see-saw battle until Wisconsin forced the game into overtime with a last-minute 3-yard touchdowns run by running back P.J. Hill. In total, the Mustangs had possession of the ball for almost 40 minutes, scored 35 points against a team that generally allows no more than 20 and gained 95 yards thanks to passing and 276 yards on the ground.

Despite the 32-degree weather and 10-mph winds, the Mustangs still managed to pull out a well-played game against a team that many expected to trample them. A BCS team, the Badgers never led in the game until they finally won in overtime and were actually mocked by a Big Ten Network analyst for over-celebrating. The analyst compared the team's excitement to beating Ohio State in order to get into the Rose Bowl, not beating a Football Championship Subdivision team that students and the media expected to get destroyed.

"In actuality, we were the better team that day. We were playing harder, we controlled the game and gave ourselves every opportunity to win," Dally said. "After that game, we were so distraught that we couldn't pick them. We had them figured out. We knew who they were and how they were going to attack us," he said, "and we were able to play really well." But for Showell, it's not any specific play, tackle or sack made by one of his teammates that he remembers the most. In fact, for him, the most memorable aspect of that game is what happened after they won.

"I remember just at the end of the game celebrating with the team and singing our fight song in front of the fans," he said. "It was definitely an awesome experience. That is one of my fondest memories from college, no doubt."

1. RESPECT

Cal Poly vs Wisconsin Nov. 22, 2008 at Camp Randall Stadium, Madison, Wis.

For placekicker Andrew Gardner, history seemed doomed to repeat itself barely two and a half months after his devastating missed kick against Montana. Having already missed two in the game, Gardner's third missed extra point following Burden's touchdown in overtime, resulting in the Mustangs' first overtime loss of the season with the Badgers winning 36-35. Gardner received extreme scrutiny after the loss, and Dally said Gardner put a lot of that harsh critique on himself.

"No matter what, it's going to be his biggest critic. From the team environment, it was unfair how people were coming down on him. It's kind of sad that he let that get to him and stopped playing collegiate football," Dally said. "We didn't console him as a team, which kind of broke his spirit but at the time we had no kind of move on. We had to show him through our work ethic that it was time to step up and do our job. You're kind of more concerned for him as a person than a player."

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sports

Games

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ourselves up after the first round. It was so emotionally draining that yeah we played good, but it wasn't enough."

In the weeks preceding the game, the Madison newspaper, The Capital Times, ran numerous articles bashing the Mustangs, mocking Cal Poly's reputation as a high-ranking engineering school.

What makes this game so significant in Mustang history is not Gardner's missed field goal (except for some who can't seem to let it go), but rather that it showed the nation what our football team is capable of. We're labeled as a FCS football team, yet we were able to give a FBS team a run for their money and gain the respect of fans and residents of the Wisconsin area. Following the loss, the Mustang Daily editor received an e-mail from a Wisconsin resident who praised the team's offense, teamwork and execution.

"Your coach, your team ... should forever remember that game as an outstanding display of college football," Douglas Alexander wrote. "You should have won that game. Congratulations to you. You have a fan in Wisconsin."

Dally said being positively acknowledged by Wisconsin fans and the media was exactly what the team had set out to prove.

"We wanted to prove to the fans, your coach, your team ... should forever remember that game as an outstanding display of college football."

— Douglas Alexander
Wisconsin resident

This article was originally published Oct. 20, 2009.

WHERE YOU CAN MAKE YOUR MARK ON CAL POLY...

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Blue-Green
continued from page 88

for a league championship," Vom Steeg said. However, Holocher also stressed that the fact the team has other rivals in the conference who fight for first place —including UCLA on Sept. 17—
That being said, it is difficult to downplay the importance of the "Blue-Green Rivalry" and its impact on Big West soccer.

Gocong
continued from page 77

"I was sitting there (on draft day) trying to watch the TV — trying not to think about it — and my name pops up on the screen … My family was going crazy and then kind of settled down," Gocong said. "You know, I didn't even see what team picked me."

On draft day, Gocong was selected in the third round by the Philadelphia Eagles. "Being drafted, if you really step back and think about it, it's really, really exciting," he said. "I know it's a different story."

Although the Eagles did draft Gocong, they did not draft him to be a defensive end. At Arizona, as a two-time first-team All-American defensive end for the Wildcats, Bruschi was drafted by the Patriots to play linebacker. After seeing limited playing time early in his career, he later played a key role in New England's three championships in four years — on his way to becoming one of the most dominant line backers in NFL history.

"That was, I think, the difference between Chris Gocong being a third-round pick rather than being a first- or second-round pick," Ellerson said. "It was uncertain whether or not someone was going to be able to stand up and move into that second row and pick it up."

With three years — starting in Philadelphia — Gocong has tallied 129 total tackles — including UCLA on Sept. 17. Holocher said, "It's just like playing high school football again," Gocong said. "It's a familiar feeling."

"We would go to schools, meet with kids — and it was amazing. We are a bunch of 18 to 19-year-old football players and they are looking up to us like we are Donovan McNabb or something like that," Gocong said. "It's cool just seeing that and realizing how valuable it is for little kids to see role models like that. I think (playing at Cal Poly) did teach me being a football player — or whatever your area of expertise — people do look up to you and you really can make a difference in their lives."

With lessons from Cal Poly in his back pocket, on Sept. 12, Gocong started another season with a week one match up against the Tampa Bay Buccaneers. He will be vying for a chance to prove himself with a new team. But for Gocong, the game will be simplified. He won't be distracted by the crowd noise in Raymond James Stadium; he'll focus on the task at hand.

"It's a familiar feeling. "It's just like playing high school football again," Gocong said. "We would go to schools, meet with kids — and it was amazing. We are a bunch of 18 to 19-year-old football players and they are looking up to us like we are Donovan McNabb or something like that," Gocong said. "It's cool just seeing that and realizing how valuable it is for little kids to see role models like that. I think (playing at Cal Poly) did teach me being a football player — or whatever your area of expertise — people do look up to you and you really can make a difference in their lives."

"I really didn't get it the first couple of years (in Philadelphia) because, you know, I think of it as my job," Gocong said. "I mean, I play football as my job, and then I go home. I really didn't realize the first couple of years why people wanted to get autographs from me. We are just like anybody else."

Even if he has achieved what must only dream about, no matter what jersey he is wearing, he will never forget what Cal Poly raised him to be. As Cal Poly, he was groomed to be a dominant defensive end, but Ellerson taught Gocong to display his dominance the right way.

"It's very healthy, and brings a sense of pride to the school," Holocher said.

"Most of the guys in the locker room are excited to show the students what we are capable of and get a W for the school," Zamora said.

"This October, we will see who comes out on top."

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sports

Cal Poly vs. UCSB rivalry continues

Amanda Sado
AMANDASADO.M SMEL@GMAIL.COM

Thousands of fans are expected to fill Alex G. Spanos Stadium to watch the Cal Poly men's soccer team take on UCSB on Oct. 10. The "Blue-Green Rivalry" is in full effect for the upcoming season.

The rivalry first erupted in 2007 when coach Paul Holocher was in his second year coaching at Cal Poly.

"After Paul got hired, and Cal Poly went division-I, the rivalry stepped up," UCSB coach Tim Vom Steeg said.

On 2007's "Break the Attendance-Record Night" the Mustangs beat the defending champs 2-1. The next year, UCSB and Cal Poly met again for a televised match in front of 11,075 fans; this time UCSB came out ahead beating the Mustangs 1-0 in overtime.

"Since then it's been a battle for the Central Coast," Holocher said.

This battle does not seem to be coming to an end any time soon, as each game becomes more and more heated. So heated in fact, that fans have thrown tortillas and even bottles onto the field to distract and intimidate the opposing squad.

"There is a Santa Barbara rivalry in all sports. The fans know the importance of the game when we are playing them," Holocher said.

The players know the importance of the October game as well.

Senior forward David Zamora said this game always bigger than the rest.

"I try to approach each and every game the same way, but when I step on the field (to play UCSB) it is totally different because there are so many people there," Zamora said.

Cal Poly has topped the charts with most fans in attendance and has some of the highest attendance for soccer matches nationwide.

"We have some of the best soccer fans in the nation. They are passionate about the team which makes a huge difference," Holocher said.

The amount of support for college soccer has boomed between the two schools since the rivalry began and is expected by both sides to continue for years to come.

"I don't anticipate us dropping off any time soon. There will potentially be a situation where we play Cal Poly 87 times," Holocher said.
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**Sunday, October 3 - Thursday, October 7**
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THE FRESNO BEE

Among the first plays during Saturday’s Fresno State football scrimmage was a deep ball. That pass from quarterback Ryan Colburn to Devon Wylie bounced off the receiver’s chest for an incompletion isn’t important. What was remarkable was that got some guys that can really throw the deep ball. ‘That’s always the combination you need.’

Leading the Bulldogs’ offensive transition from a run-oriented team to a more downfield-passing attack is Colburn, who thoroughly impressed Hill with his accuracy and arm strength after the coach watched film of the scrimmage Sunday morning. He saw Colburn complete 7 of 11 passes for 129 yards, including a 40-yard touchdown strike to Wylie. ‘Those were NFL throws he made,’ Hill said. ‘He can attack all parts of a field.’

The strength of second-year backup quarterback Derek Carr also rests in his ability to throw the deep ball with precision, as seen Saturday when he completed 9 of 17 passes for 121 yards.

On several occasions in the off-season, Hill hinted that the Bulldogs are gearing themselves to become more of a downfield striking team in the future as Carr develops. The pressing question now: How much will the Bulldogs air it out this season?

— Jeff Grady
Fresno State offensive coordinator

See Dogs page 95
Athletics and University Housing Rally

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Men’s Soccer vs. UCLA

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Alex G. Spanos Stadium

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Sunday, Sept. 19th - 4 p.m.
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WE ARE THE MUSTANGS
Women's soccer gears for tough regular season schedule

Amanda Sedo
AMANDASEDO.MH@GMAIL.COM

The Cal Poly women's soccer team released its 2010 regular season schedule. Nineteen matches are slated, including games against San Diego State, Arizona and San Jose State, as well as exhibition contests against Azusa Pacific and Westmont College.

The most noteworthy contest took place in Alex G. Spanos Stadium against the defending national champions on Sept. 10—the North Carolina Tar Heels.

The Tar Heels finished last season with an overall mark of 23-3-1 and a conference record of 7-3. They won their 21st national championship last year, defeating top-ranked Stanford 1-0 in the championship game, and finished atop the ACC for the 20th time in the last 22 years.

But seven of the players from last year's championship team, who started in the NCAA title game in 2009, will not be on the roster come opening weekend.

"The thought of beating them is amazing," junior forward Monica Hemenez said. "We respect them, but that's it ... we have a chance to beat them."

The Mustangs are trying to rebound from a loss in last year's Big West Conference Tournament, falling to rival UC Santa Barbara in last year's championship game. Cal Poly went 14-5-1, 7-1-0 Big West and sent six players to all-conference teams last season.

To this point head coach Alex Crozier said none of that has rubbed off onto his expectations for next year.

"Our main focus right now is find-

see Soccer, page 53

The Cal Poly women's soccer team went (14-5-1, 7-1-0 Big West) and sent six players to all-conference teams last season.

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Singletary uncertain of backup quarterbacks

Phil Barber
THE PRESS DEMOCRAT

When Mike Singletary confronted the media Monday, he was asked if he felt comfortable with his backup quarterbacks. As is often the case, the coach gave reporters more than they expected.

"I'll put it this way," Singletary said. "I feel good about Alex Smith."

I feel very good about where he's at. I think we have to do a great job of protecting our starting quarterback. When it comes to David Carr, I think David Carr is a guy that I could grow to feel comfortable with. I think he's a guy that has a good command of the offense. I think he understands. I just think that he's still thinking a lot."

Boiling down the response, it sounded a lot like Singletary saying, "Comfortable with my backups! Let's just pray Alex Smith doesn't get hurt."

Not exactly a roaring vote of confidence for Carr and Nate Davis.

"He's uncertain of the right group and working hard in the offseason," he said.

Cal Poly opened the season on Aug. 27 against Hawaii in a tournament play. The competition concluded the following day with a match against Long Island.

On Sept. 3, the Mustangs began the home portion of their season against the 2009 WAC regular season champions San Jose State. The Mustangs were 7-1-1 at home last season and hope to continue that home success.

"We love the crowd support. It's a very big advantage for us because we are so comfortable at home," junior forward Morgan Miller said.

The Mustangs' non-conference schedule looks to be one of the toughest as of late, with matches against the University of Arizona, Utah State, Weber State and Pepperdine. The Mustangs will also take on San Diego State - a 2009 NCAA tournament qualifier.

"I don't see why we can't be number one (in our conference)," Miller said.

Cal Poly ends the regular season with Cal State Bakersfield on Oct. 31. After that comes the conference tournament - which the team expects to win. Crozier and Miller said they have high expectations for the incoming freshmen and have goals to get to the NCAA tournament.

This article was originally published on July 28, 2010.

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Men's basketball uses chemistry on the woodwork

Amanda Sedo
AMANDASEDO.MD@GMAIL.COM

What is the main focus of head coach Joe Callero and the Cal Poly men's basketball team this offseason? Improvement.

Whether it be on the basketball court, in the classroom or as a community member, Callero said he wants his players to continue to improve in every aspect of their lives. And they are doing just that.

On the court, the team went 12-19 this past season, compared to 7-21 the season before. In the classroom, the entire team now has an average grade point average of 2.8, with no one receiving less than a C in any class. Will Dunahoe, one of the team's leading scorers early last season, was deemed academically ineligible midway through the year; he now has full eligibility.

This might be only fitting for a team constantly reminded by the words "no limits to improvement" displayed on the grease board in the locker room.

The improvement also extends to team cohesiveness. The team has arranged barbecues, hiked Bishop Peak and camped, as a way to bond.

It's a great way to uncover other team members' strengths, creating a mutual respect between the players, Callero said.

"It's putting people in different positions where different guys might be better at something than they are on the basketball court," he said.

If you talk to any member of the team, they all call themselves a family. After seeing the team improve on the court last season, Callero's techniques prove to be working.

Upperclassmen passed the ball freely to freshmen, sharp shooters passed to the big men; each player had confidence in his teammates.

While playing against South Dakota last season, senior guard Lorenzo Keeler drove to the basket with 32 seconds to spare, and instead of forcing a shot, he made an extra pass to freshman Kyle Odister, who hit a three with a few seconds left on the shot clock — propelling the Mustangs to a win.

However, with Keeler leaving — a player who averaged just over 16 points per game — comes the expectation that the other players will have to step up their game.

Notable players expected to be the new foundation of the squad are guard Shawn Lewis and forward David Hanson — both of whom tallied double-digit points per game a season ago. Redshirts Amaurys Fernandez and Chris O'Brien may also be asked to step in for lost starters. Also, forward Jordan Lewis, who scored a season-high 16 points against Long Beach State, served as somewhat of a sixth man last season, and may be able to climb his way into the starting lineup this season.

"Whether I'm getting more minutes or not I'm just happy to contribute," Jordan Lewis said.

Jordan Lewis said he has been hitting the weight room and working on quickness and agility. He's also been working on both his jump shot and three-point shot to complement his already tough defense.

However, Jordan Lewis still knows the importance of team chemistry.

"In order for us to be more successful, we (still) have to keep growing as a family," he said.

Or as Callero puts it, improve.
Dogs

continued from page 90

"We're going to play to the strength of our team," offensive playcaller Jeff Grady said. "We've got a lot of speed and a lot of skill. We have the guys in the perimeter and the quarterbacks to get it done. And I know we have the guys to get it done pass protection-wise.

"We're going to find ways to utilize those perimeter guys."

The Bulldogs threw a good chunk of deep balls last season, many with passes set up by faked handoffs to re-taunting back Ryan Mathews. But with Mathews no longer around, the Bulldogs might try more passes downhill — without the play-action deceptions — to get the ball to their most experienced playmakers in the senior Wylie and junior Jarem Hamlet.

Cobham, who is in his sixth season in the program, though starting just his second season as a starter, also appears ready to make most plays and not simply be a game manager.

"Ryan Cobham is way ahead of where he was last year," Hill said. "He's really stepped his game up to a very high level. The ability to throw the ball, the field is very impressive."

Will the deep ball supplant the pesky off-tackle run as Fresno State's signature play? Nos. And perhaps never under Hill's watch.

Hill adamantly states smash-mouth running remains the heart and soul of what the Bulldogs want to be known for. But the deep ball is becoming a favorite among Fresno State playmakers.

"Who doesn't want to see the deep ball during games," Wylie said.

Anyone watching the 2009 Illinois season finale will remember the bizarre finish when Fresno State offensive lineman Devin Canningham caught a deducted two-point pass to end Illinois' nightmarish season with a 53-52 loss.

But Mikel Leshoure, who began last season sharing duties with three other running backs, emerged through the latter half of the season and had his best game in the finale, with a career-best 184 rushing yards and one rushing and one receiving touchdown. Leshoure is the most productive returning player on offense.

Illinois visits Fresno State on Dec. 3 in the 2010 regular-season finale.

49ers

continued from page 93

like the kid. There is a lot to like about him, but there is a work ethic that's in

volved in terms of being a quarterback in the NFL, and he's got to get it."

Local media speak much of the subsequent 48 hours analyzing Singletary's rebaking, wondering if the coach was truly so down on Davis, or whether he was trying to bolster Smith's confidence and/or keep writ­

ers off his back regarding the hierarchy at quarterback.

What was surprising Monday was Singletary's rapid endorsement of Carr, the respected ninth-year veteran who is in his third stint as an NFL backup — the other crops were with the Panthers and Giants — after start­

ing for five seasons in Houston.

Later, Carr walked a fine line, do­

ing his best not to contradict his coach while making it clear he'd be comfort­

able running the 69ers' offense should anything happen to Smith.

"I'd be comfortable with every­

thing," Carr said. "Honestly, if we sit down and we're in a meeting with Alex, I feel very comfortable with the offense and what they have going on, with the matchups they create, just with Delanie (Walker) and Vernon (Davis) and those guys, just what they can do. As far as me going forward, I feel extremely confident with what I can do with this offense." Carr seemed to think some of the disconnect was caused by the play­

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