Cal Poly's Pride Center celebrates National Coming Out Day

Hannah Croft
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Cal Poly's Pride Center will celebrate National Coming Out Day in the University Union (UU) today.

Pride Center coordinator Jessica Cresci said she isn't too concerned about people coming out on National Coming Out Day.

"It's not so much about people coming out," Cresci said. "It's about raising awareness.

There were 11 suicides in the past two months in the national lesbian, gay, bisexual, transgender, questioning, intersexual and ally (LGBTQIA) community, all between the ages of 13 and 21. Cresci said the suicides were due to discrimination and intolerance from their peers.

To honor the deceased, there will be a candlelight vigil in the UU Plaza from 6 to 7 p.m. tonight.

"I don't want to have a memorial because National Coming Out Day is a celebration," Cresci said. "But I want people to know it's an issue."

In addition to the vigil, the Pride Center arranged to have the Washington Consulting Group, which specializes in human development workshops, to hold a workshop.

Dr. Jamie Washington, who heads the Maryland-based organization and has a doctorate in college student development with a concentration in multicultural education, will lead the workshop focusing on the intersections of racism and heterosexism in Chumash Auditorium tonight at 7 p.m.

Washington, who has promoted National Coming Out Day since its founding in 1987, said this year is special because LGBTQIA suicides are getting more media coverage and discrimination is becoming a more apparent issue.

Washington said he can't know exactly what caused the recent suicides, but he wishes he could understand first-hand.

"I wish we could have talked," he said. "Then maybe I could have understood, maybe I could have helped."

Save the ta-tas: October is Breast Cancer Awareness Month

Alicia Freeman
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With breast cancer becoming one of the leading killers of women in America, sorority alpha Kappa Delta Phi (aKDPhi) is celebrating and supporting October as National Breast Cancer Awareness Month (NBCAM) by selling bracelets, pins and their faces to help raise funds for the Susan G. Komen for the Cure foundation and another organization.

Andrea Kang, a journalism sophomore, said it is not only important to have people recognize their sorority, but also to address the "major problem" of breast cancer and help to inform peers about the illness' dangers.

"I think (young women) should take more precautions, as well as men, because men can get breast cancer too," Rivera said.

The sorority will not only be spreading information at its table, but also selling bracelets and pins.

In addition, according to the sorority's website, it will host a "Pie-a-KDPhi," which will allow participants to make a pie of their own making in any of the sorority member's faces.

aKDPhi will also hold the "Pie-a-KDPhi," which will allow participants to make a pie made of anything from whipped cream to fish sauce and "smash" it on a sorority member's face.

All of the proceeds will go to the Avon Breast Cancer Crusade.

Andrea Kang, a journalism sophomore who is also a member of aKDPhi, said it shows the sorority's commitment to breast cancer awareness.

"We're (mostly) selling our faces," Kang said.

alpha Kappa Delta Phi will host a booth to encourage breast cancer awareness throughout the month, as well as a "Pie-a-KDPhi," event in which participants will be able to put a pie of their own making in any of the sorority member's faces.
Breast Cancer
continued from page 1

Although a KDPh is taking a fun-loving approach to informing peers, breast cancer still remains a distinct problem in American society. The NBCC funded website said "according to the American Cancer Society...an estimated 192,370 new cases of invasive breast cancer are expected to be diagnosed among women in the United States this year," and "an estimated 40,170 women are expected to die from the disease in 2009 alone."

Lisa Hughes, the senior director of policy and advocacy for the Prevent Cancer Foundation, said "the discovery of a new disease, and now, but it's worth it if we make it happen."

Hughes also said that in order to make breast cancer awareness, it is important to communicate to the public about the stages of breast cancer. "Young women should know their family history for the disease and talk to their health care provider about practicing self exams and screening based on risk," Hughes said. "Young women should also know their bodies and health history, know what is normal and talk to a health care provider when something is abnormal. Also, don't use tobacco, eat healthy diets and exercise."

Breast Cancer Awareness Month very much resembles the Polio vaccine happening in seven years, I month, and 26 days," the NBCC said to find a cure is attainable. "If our country continues to make a significant investment in understanding the cause of the disease and investing in new screening tools and treatments, I hope that we will have made great progress over the next 10 years."

It's more difficult work," Simha said. "It's not as easy as we thought it would be, but it's worth it if we make it happen."

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Breast cancer is not a new issue; rather, it has been a long running one. "NBCC started 25 years ago when pharmaceutical company AstraZeneca brought non-profit organisations together to launch a campaign to raise awareness about breast cancer awareness and mammography," Hughes said. "Prevent Cancer Foundation is also celebrating its 25th anniversary and been involved in Breast Cancer Awareness Month very much resembles the Polio vaccine happening in seven years, I month, and 26 days," the NBCC said to find a cure is attainable. "If our country continues to make a significant investment in understanding the cause of the disease and investing in new screening tools and treatments, I hope that we will have made great progress over the next 10 years."

It's going to be really fun," Turner said. "I have seen and met a lot of students who said this is the date they decided to come out on campus," Cresci said. "I just want everyone to know that we are here, we have resources, and we can answer any questions you have."

Aerospace engineering sophomore Corinna Harvey is one of those students. After participating in National Coming Out Day, she said she felt inspired and went to a Spectrum Club meeting.

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The National Coming Out Day resource fair will be in the CU from 11 a.m. to 1 p.m. today.

Poly's own Spectrum Club.

Electrical engineering junior Ryan Turner is involved with both the Spectrum Club and the Pride Center and said he has high hopes for an exciting Coming Out Day. "It's really nothing new," she said. "Last year I was really intimidated, and now I'm happy to be involved." National Coming Out Day is geared toward students who aren't yet comfortable with getting involved. The day is dedicated to starting conversations, inspiring students and raising awareness. Cresci said Cal Poly is generally a welcoming and accepting campus, an observation that is reflected in student's attitudes.

Environmental horticulture junior Jon McClain said that coming out at Cal Poly was a relatively simple feat. "This is the easiest group of people to come out to," McClain said. "I was totally intimidated at first but now I'm involved in everything possible."

Cresci said there was a time when LGBTQIA students weren't so well accepted in the Cal Poly community. "Two years ago, there was a party in the crop house," she said. "They hung a derogatory sign, noose and confederate flag. I've always felt safe on campus, but that was the one time I questioned that safety."

She also recalled the 2008 elections, when Proposition 8 was on the ballot. "Right before the election, people got pretty crazy," she said. "Usually, people keep to themselves." Cresci hopes National Coming Out Day will not only celebrate tolerance, but will inspire others to come out of their shell and learn more. "I feel like students walk around campus in a bubble. They don't really know what's going on around them," she said. "National Coming Out Day will hopefully get them talking, and get them listening."

National Coming Out Day is about embracing who you are, Cresci said, but it's also about embracing people who are different from you. "Everyone is different, this is just one kind of difference," she said. "So many people are scared of us, but we're not scary."

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Rescue mission in Chilean mine makes a long-awaited breakthrough

Chris Kraul

When the drill finally broke through to the miners Saturday, sounds erupt­ed in a symphony of relief: the cheers of family members, the blowing of horns throughout the mine, and the shouts of the men 2,300 feet below.

For more than two months, the 33 miners have been trapped in their pitch-dark, claustrophobic refuge after a cave-in at the mine in the Atacama desert in northern Chile. At one point, they were even left for dead.

But at 8 a.m., the whine of the rescuers' powerful drill as it punched through the rock to reach a tunnel used by the men signaled that the end of their ordeal could be near.

Later Mining Minister Laurence Golborne said pulling the trapped men up to the sunlight could begin Wednesday after the shaft is partially lined with casing to cover the roughly 300 feet closest to the surface and a winch is installed for the rescue pod.

Golborne said he foresaw no prob­lems with the attempt, but "all rescues carry risks. You can't ever say it doesn't exist in this kind of operation."

Despite its forbidding desert moun­tain setting, the tent village dubbed Camp Hope began to take on a festive air in anticipation of a happy ending.

At a balloon-floated stage where a Mass was celebrated Saturday night, a clown named Rolfli led the miners' chil­dren in songs and games.

Loved ones who have held a con­stant vigil and braved the kind of in­ternational media swarm that accom­panies the election of a pope, expressed happiness mixed with anxiety as the "Plan B" shaft reached the miners.

"We're very happy to hear that they reached them, because my father-in-law needs to get out of there as soon as possible," Claudia Jimenez said of trapped miner Omar Regadas. "He is very stressed out, and he is beginning to have eye problems from being in the dark so long."

Nine-year-old Nicolas Regadas had a message for his grandfather: "I want him to know that I have been waiting here to hug him."

When the escape shaft is complete, the miners are to be brought to the sur­face one at a time in a half-ton metal capsule only 26 inches in diameter.

The pod will be lowered to a point more than 2,000 feet below the surface at a tunnel adjoining the 600-square-foot "refuge," which had been the miners' lunch room and became their prison.

Lifting each miner will take 30 min­utes to an hour. After a couple of hours at a makeshift clinic nearby, each will be airlifted by helicopter to the Copi­ape Regional Hospital for two days of observation.

Adjusting to the feeling of no longer being buried alive will take longer.

"Los 33," as they called themselves, have endured 90-degree heat and 90 percent humidity that made their liv­ing quarters a sauna.

They have lived on carefully mea­sured rations lowered through a smaller shaft and a prescribed exercise program. Their medical condition has been closely monitored, as has their mental state; each talked to a government-commiss­ioned psychologist once a day.

The drilling to reach the men has been a life-and-death race to bore through tons of rock.

The U.S.-made Schramm T130 drill began boring down at the San Jose mine on Sept. 3, one of three drilling operations that have been rushing to free the miners. The fact that they were alive was discovered Aug. 22, after a ter­rifying lobe of 17 days in which au­thorities feared that they were all dead.

The miners will have to use explo­sives to widen the mouth of the rescue shaft where it meets the tunnel. Miguel Forni, an independent mining engineer and consultant who is advising the min­ers' families, said in an interview Friday that the widening is to ensure that the metal capsule has room to settle on the mine's uneven floor without damag­ing the tube-like enclosure.

He said the miners are accus­ted to using explosives and that the widening should not involve any great additional risks.
Food and Drug Administration cracks down on investigations

Andrew Zajack
Tribune Washington Bureau

Within a recent two-week span, the Food and Drug Administration weighed in on the issue of genetically engineered salmon, announced tighter controls on a popular anti-diabetes drug, and rebuked the makers of popular mouthwash products over misleading advertisements.

Simultaneously, it warned consumers that devices supposedly offering protection against sudden infant death syndrome could themselves be lethal, and it pressed ahead with investigations into the biggest recalls in history of eggs and children's pediatric medicines.

The flurry of activity reflects a regulatory agency that seems destined to ramp up as the Obama administration seeks to further its agenda through executive orders rather than through an increasingly contentious Congress.

The FDA has long been seen by consumer groups as too slow, too enmeshed in battles over turf with pharmaceutical firms. Now, "I think the general approach has clearly been more warning letters, more regulatory activity, a much more laudable approach to regulating products on the market," said Kenneth Kaitin, director of the Tufts Center for the Study of Drug Development, a nonprofit research institute partly funded by pharmaceutical firms.

Warning letters for misleading labeling and other violations issued by the FDA's Center for Drug Evaluation and Research jumped from 24 in 2005 and 21 in 2006 to 103 in 2009.

The agency has refused for now to ban the controversial plastics additive bisphenol A, calling for further study; it has also declined calls for sharp restrictions on antibiotics in food animals in favor of recommendations to limit the use of the drugs to promote growth.

David Acheson, the FDA's top food safety official during the George W. Bush administration, contends that the agency is overzealous in pursuing allegedly bogus health claims made by food producers.

The new activism at the agency has put industry on alert. Last fall the FDA ordered treatment of Gulf Coast oysters to prevent bacterial contamination. Oystermen descended on Capitol Hill, saying that treating the mollusks would increase costs and ruin their taste. Representatives forced the agency to back down.

The agency proposes to do more to increase transparency, including releasing information about unapproved drugs and medical devices and other currently confidential data, which is likely to trigger industry opposition.

Career Services Presents

2010 FALL CAREER FAIR
Wednesday, October 13 & Thursday, October 14

Chumash Auditorium

Career Positions, Co-Ops, Internships, Summer Jobs, and Opportunities for all majors!
For the complete list of companies and job descriptions, log on to my.calpoly.edu, click on MassageJobs and look under Events.

Briefs

State

SAN JOSE (MCT) — A brush fire briefly threatened San Jose's landmark Eggo plant Saturday evening and consumed a nearby building that includes the tower for a local Asian-language radio station.

About 40 workers were evacuated from the Eggo Way factory, which makes the popular frozen waffles there. The building was enveloped in smoke, but there were no injuries to the workers. The blaze started shortly before 5 p.m. between the Kellogg's plant and U.S. Interstate 101.

CARLSBAD (MCT) — A gunman ranting about President Obama fired on an elementary school playground in Carlsbad at lunchtime Oct. 8, wounding two children before construction workers tackled him.

The injured girls suffered grazes wounds in the arm, possibly from shrapnel, authorities said.

Armored with a handgun, the assailant stepped onto the sidewalk next to the playground and started firing "wildly." The suspect was arrested at the scene and taken to a hospital.

National

WASHINGTON (MCT) — Police believe that some unknown drug was slipped into drinks at a house party attended by college-aged students, sending 12 people to a Washington hospital, authorities said Saturday.

Students who attended the party told a local television station that they believed vodka at the party had been spiked with "roofies," known as a date-rape drug.

When school officials confirm the identities of the students involved parents will be notified.

CONNECTICUT (MCT) — A Buddhist monk asked by a woman to bless a new apartment became enraged in an extortion plot that involved exchanging money in a parking lot at Westfield Trumbull Mall.

The monk was detained inside the apartment by Tuan Nguyen, 32, Trumbull Police said.

The monk was allowed to leave after agreeing to pay $30,000 in exchange for a compromising videotape. An exchange was arranged with the U.S. Secret Service, and Tuan Nguyen was arrested on a warrant without incident.

IRAN (MCT) — Iran's atomic energy chief acknowledged that Western spies had infiltrated the country's nuclear program but that Iranian officials had countered their efforts.

The head of the Atomic Energy Organization said officials have increased security to make it "almost impossible" for spooks to leak out.

The United States suspects Tehran of pursuing nuclear weapons capabilities, which Iran denies.

The agency's security department now regularly interviews staff members.

International

PAKISTAN (MCT) — Pakistan on Sunday reopened a border crossing into Afghanistan used by trucks and tankers that supply NATO troops, ending an 11-day blockade after a NATO helicopter cross-border incursion that killed two Pakistani soldiers.

Although U.S. officials said the border reopening was welcome, relations between Islamabad and Washington remained tenuous.

That decision came four days after the U.S. government and NATO formally apologized for the deaths of the Pakistani soldiers.

The United States suspects Tehran of pursuing nuclear weapons capabilities, which Iran denies.
Richard A. Serrano
TRIBUNE WASHINGTON BUREAU

Alma Nemelka said her nephew was the first to die. He was standing at the rear of the Soldiers Readiness Center at Fort Hood, Tex., when an army officer burst in shouting, "Allahu Akbar!" Pfc. Aaron Thomas Nemelka, 19 and soon to be deployed to the Middle East, was shot in the head.

On Tuesday, the man accused of killing Nemelka and 12 others, Maj. Nidal Hasan of the Army, was shot during the attack and is paralyzed from the waist down.

"I can't wait to join you," he allegedly told Awlaki in those e-mails.

U.S. authorities intercepted the e-mails but reportedly considered the correspondence part of Hasan's research on post-traumatic stress disorder.

Hasan also was closely reading Awlaki's writings on the Internet. In one posting, Awlaki blogged about the need to fight against "government armies in the Muslim world," and proclaimed "blessed are those who fight against" American soldiers.

After the shootings, Awlaki praised Hasan. "Nidal Hasan is a hero," he said. "He is a man of conscience, about Hasan, has been difficult but it is coming to an end," said Sen. Joseph Lieberman (I-Conn.), the committee chairman. The final report, he said, "will reveal new information."

In 2001, Hasan attended a mosque in the Falls Church, Va., area, where the imam was U.S.-born Anwar Awlaki — now believed to be in Yemen with a U.S. bounty on his head. In the months before the Fort Hood shooting, Hasan reportedly sent Awlaki more than a dozen e-mails, some asking when jihad was appropriate.

"I've never seen a man railroaded like this guy," Galligan said. "It is purely premeditated murder and 32 counts of attempted premeditated murder."

With scores of witnesses prepared to identify Hasan as the shooter, his lawyers, retired Army Col. John Galligan, faces a difficult task. He declined to outline what defense he might use, but noted that he is not required to present any evidence or testimony.

The last 18 days of the hearing have been set aside for a defense if he chooses to mount one.

Last week, Galligan objected to a mental exam for Hasan, saying it should occur after the Article 32 hearing. He also objected to the composition of the three-person "sane board."

But the Associated Press reported that Col. Morgan Lamb, a Fort Hood brigade commander overseeing Hasan's case, ordered that the evaluation be done before the hearing.

Galligan has asked for more time to prepare Hasan's defense but cannot get the Army to postpone the hearing. He said the Pentagon has withheld key documents, including internal records showing they were aware of Hasan's behavior and activities. And, he said, the Army is intent on convicting him at any cost.

"He's not charged with any terrorist offenses, but that's how he's being displayed," Galligan said.

"There is no way I think this man is insane," said Sherryl Pearson, the Bolingbrook, Ill., mother of Pfc. Michael Pearson, 21, who was also killed that day. "He had a plan, and he carried it out. That is not insanity."

In West Jordan, Utah, Alma Nemelka is watching the case closely and hoping for the death penalty.

"He knew what he was doing, he wasn't crazy," she said. "It was purely premeditated the way he walked in the door and my nephew was the first one to get shot."
Expressionists Club presents 're:Cultivate' at UU Gallery

Jessica Tam

Cal Poly's Expressionists Club will be presenting 're:Cultivate,' a photography exhibit that captures the growth and process of mud art from the club's "Cultivate" project, created in spring 2009. The club's exhibit premiered for the first time outside of the Robert E. Kennedy Library, and will be shown throughout the remainder of the quarter at the University Union (UU) Gallery.

The Expressionists Club is an art organization on campus whose members strive to promote creativity and originality in the forms of painting, drawing, sketching and spray painting. "Cultivate" is a presentation put on by the club that employs the use of sustainable stencils; the stencil pattern was created by the members of the club using plastic and reusable material.

In fact, the flower stencils were first shown on campus, on the grounds of the library atrium. Using clay slip, a mixture of clay and water to form a decorative coating liquid, the club applied all of the different patterns around the ground surface. At the same time, photographs were taken showing the growth, process of making and the details of the artwork.

"We started 'Cultivate' at the library. We essentially just painted on the ground," said Cal Poly architecture junior and president of the Expressionists Club, Renee Jain. "We had two people there taking photos, documenting the entire process of us actually creating the artwork at the library. So this project going in the UU Gallery is the photographs from that. It is this response through photography, a response to 'Cultivate.'"

The response to the Expressionists' art mural by Cal Poly's commitment to sustainability.

"We were inspired by agriculture, nature and all the things that go on here at Cal Poly, so we decided to do a sustainable exhibit," Jain said.

The photographs featured in the exhibition represent the work that the club put together, and they are ready to present it to students and the public this quarter in the UU Gallery.

"'Cultivate' was the first project that changed from the time it was first put up to the time it was taken down," said materials engineering junior and vice president of the Expressionists Club, Buddy Bump. "In other words, it was our first 'growing' project. All of our other projects remained the same from their installation. Furthermore, the project is an illustration of how art should be valued and shared. The Expressionists Club hopes to promote art and impart its significance to the community."

"The club) is an interdisciplinary club (for those) who want to do art and who want to appreciate art. It is more about bringing art into campus and into San Luis Obispo," Jain said.

But it appears as though art is already a popular subject around campus.

"I heard about 're:Cultivate' and wanted to see it for myself," said communication studies junior, Robert Custodio. "I like the organic concept to it and how it was drawn on the ground at the library. It is a different form of art, not something normal just drawn on a piece of paper."

Students were able to witness the process of putting the organic graffiti on the library atrium ground through black and white photos, as well as the final transformation.

The UU Gallery, located in the Epicenter, is open Monday through Friday from 10 a.m. to 2 p.m. during fall quarter.
Happy Hour Special
Beers: $5 & 6pm - 9pm daily
$2.00 Draft Beer
$2.50 Margaritas, Mojitos, & Bloody Marys

Enjoy our specials on our heated open-air patio with TV's to enjoy your favorite sport game!

Every Monday, cut out this fridge for the week's happenings

Please Enjoy Responsibly
Moving away to college is a turning point in life for most students. Many adjustments are made, and students must adapt to their new lives away from the comforts and rules of home. Whether it is struggling with a roommate or coming to fully comprehend the dedication and time it takes to study adequately, college is a time of new beginnings and learning. Moving away to college is a turning point in life for most students. Many must adapt to their new lives away from home.

Although I was thoroughly excited about moving away, I didn’t know exactly what to expect. I wondered if I would successfully make friends, how rigorous my studies would be and what life in general would be like. Being here at Cal Poly has been amazing so far — and my experience is just getting started. I feel adjusted, but also realize that I have a lot left to learn.

There I was, standing outside in the frigid, chilly night wind that twisted violently and pushed temperatures to a less-than-comfortable level. My dirty feet were bare, I was out of breath and I had just decided that things would soon take a turn for the worst.

As I stood there chatting with a friend, a girl approached me and asked if I had any idea what was going on. I didn’t get away unscathed. Despite the noise was to hop the fence into the front yard. We had no choice. I immediately realized that this was the absolute least logical thing I could have done at the time. This did not only result in me as a pathetic, barefoot fool, but also a very frustrated one.

I tried to stay positive though, knowing the night was still young and there was a bit of dancing and socializing left to do — or so I thought. Then I heard the news: the party was being shut down by the police after a noise complaint.

It all began with an evening out at a party...

— Sydney Ray
Freshman columnist

I cadently stepped on the top of my shoe. My initial reaction was to lift my foot, which caused my flip-flop to break.

At that moment, something snapped. Suddenly I was in a rage, and I felt the need to rip my shoes — both the normal sandal and the broken sandal — off my feet and throw them over the fence.

I immediately realized that this was the absolute least logical thing I could have done at the time. This did not only result in me as a pathetic, barefoot fool, but also a very frustrated one.

I tried to stay positive though, knowing the night was still young. I hopped on the back of a kind friend who offered to carry me to the side of the house by the fence. I soon learned the only way to avoid being questioned by the authorities about the noise was to hop the fence into the front yard. We had no choice. So over the fence I went, but I didn’t get away unscathed.

At this point, my response became more practical. All throughout the rest of the long trek home, which I proudly endured without tears and with several friends by my side, I vowed to never get myself into this type of situation again.

I am constantly reminded to think before I speak. But I’ve come to find that what is more important is to think before you act — a realization that hit me late that night during my painful and humiliating barefoot march.

NOTE: Join me each Monday as I continue to share my stories with readers about the unpredictable life of a freshman.

Sydney Ray is a journalism freshman.
The last few years, a difficult eco-
omic recession has required many
Americans to cut back on unnec-
essary purchases and leisure activities.
The term "apathy" has cropped up in
many Facebook communications.
People are staying at home instead of
traveling, to get the relaxation
benefits within the comfort of the
environment. Despite the feeling of
sacrifice, Americans may be learning important les-
sions about living in a way that brings greater happiness.
The expression "Money can't buy happiness" is an ex-
tremely hard maxim for many to
accept. Americans seem to think that if we could just make more money, then we
would be happier. The prob-
lem is that we tend to overesti-
mate both the happiness asso-
ciated with good things and the
negative feelings associated with life's bad things.
The truth is that people are adaptable and resilient.
If there is an annoying light fixture
flashing overhead, at first we think it will drive us
crazy, but soon we hardly notice it. Or we are able to
out an annoying noise (traffic outside our window or our
children playing nearby) and focus on the task at hand.
People adapt to hedonic pleas-
ure stimuli in the environ-
ment and are able to fo-
mus on important things like
school, work, or a conversation with a friend. Indeed, we hab-
ituate to most circumstances of our lives, whether good or
bad, in a relatively short pe-
riod and maintain a somewhat
consistent level of happiness over time.
While it's true that people
get a surge of happiness when
they make a big purchase or
experience a change in life
circumstances - like starting
a new job — they soon gen-
erally return to their original
state of happiness. There are two primary factors that re-
searchers use to explain this phenomenon.
First, there is a strong gen-
etic basis to happiness that
determines a person's happi-
ness "set point." We must think
of this genetic set point as being like the thermostat in our houses. After
the temperature in the house rises (or happiness increases), the heat turns off until the house cools down to the
temperature set on the thermostat (the happiness set point).
In happiness terms, this "cooling off" process is referred to as "hebo-
donic adaptation," the second factor in
adapting to life circumstances.
People adapt to hedonic plea-
sures in their lives and return to
their baseline level of happiness.
Big changes quickly become
its as "golden years" and
economic growth over the past 50 years, happiness and income basically disap-
pear and maintain a somewhat
consistent level of happiness over time.

The No. 1 predictor of happiness across time and cultures is good
relationships.

Spending time with the people
we care about increases positive feelings as well as reduces stress. The reason is that we can call on them in times of need (a friend to bring us chicken soup when we're sick, etc.). These close relationships may have happened out of the necessity of the recession, but could result in unanticipated long-term benefits.

If buying material goods doesn't increase happiness, how can we maximize the benefits of the expendable income we do have? We now know that we will quickly habituate to a large purchase. To offset the tendency to ad-
just to the positive feelings generated by getting some-
thing new, we can make fre-
quent small purchases, such
as flowers or a new shirt, instead.

There is evidence that spending money on experiences can increase happiness. Having a picnic or taking a vacation allows us to increase happiness through several mechanisms. First, a shared experience with family or friends can increase the so-
cial bonds that are robustly associated with happiness.
Second, savoring the experience in the moment and remembering it after
ward are both associated with increased happiness.

If we look back at our experiences with "rose-col-
gored glasses," remembering the positive about the time and
the people involved in it with us. Having positive illu-
sions (within reason), rather than dwelling on the nega-
tive, is also associated with being happier.

And finally, being grate-
ful for what we have (good
friends, our health, etc.), even
during difficult economic times, increases happiness.

Taking the time to count our blessings and to realize that,
while we may not have it as good as we thought,
we have a lot better than most people in the world — that can put things into perspective.

The bottom line: The things we
will make us happy will not
do as much as we think they
would. So the question is, will we go back to our old spending habits after eco-

comic recovery? Or will we take the lessons we've learned dur-
ing this recession, making perma-
nent changes in how we spend our money to live a life that may ultimately increase happiness?

Holly H. Schiffren, an assis-
tant profes-
sor of psychology at the University of Mary Washigne and PCI Certified Counselor. She wrote this for the
Fredericksburg (Va.) Free Lance-Star.
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ANNOUNCEMENT
October is BREAST CANCER AWARENESS MONTH!
Show your support by wearing pink and visiting the Colleges Against Cancer informational booth on Oct. 28th in the UU Plaza. We will provide information about self breast exams and the importance of early detection. Come visit the booth and pick up a 2011 Save-Second Base shirt for a $10 donation to the American Cancer Society!
Mustangs go down kicking to Anteaters

Mustang Daily Staff Report
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Despite an early goal, the Cal Poly men's soccer team dropped its fourth game this season to the 9th ranked UC Irvine Anteaters.

Junior Tim White beat goalkeeper Andrew Fontein, who has earned nine shut outs this season, in the fifth minute after Anteater forward Miguel Ibarra scored his seventh goal to tie the game while midfielder Bello Alhasan snuck a ball between McLain and the right post to give UC Irvine their third conference win, extending their lead in the Big West Conference. The Mustangs are now 1-1-1 in conference play.

Cal Poly head coach Paul Ho-locker said the near draw to a top ten opponent gave him a reason to be proud of his team, as they held the Anteaters to seven total shots.

UC Irvine tended to have a flair throughout the game, but the Anteaters are now 10-1-1 on the season.

Junior Burgos found White on a breakaway. Fontein would turn away the Mustangs on four other attempts throughout the game, but the Anteaters found their way past Patrick McLain twice. The win moved the Anteaters to 14-4, earning their fourth conference win, bringing out some of the largest crowds in collegiate soccer history.

Mustangs go down kicking to Anteaters

Volleyball splits UC Riverside, UCSB matches

Mustang Daily Staff Report
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UC Riverside
The Cal Poly women's volleyball team rebounded from their first loss in 11 matches with a four set victory over UC Riverside. Although the team came out slow in the first set, which they dropped 25-22, the Mustangs went on to hold the Highlanders below 18 points in the final three sets.

Cal Poly improved to 14-4, earning their fourth conference win, while UC Riverside lost its 16th match out of 18 total.

The last three sets were controlled by the Mustangs, outhitting their opponent by at least .100 in each, including forcing the Highlanders to commit more errors than kills in the final set.

Back from a broken finger, Dom-enique Olowolafe had 17 kills and hit .640 over the match. Kristina Graven added another double-double to her total with 15 kills and 14 digs. Jennifer Keddy also helped the Mustangs prevail with 10 kills of her own.

UC Santa Barbara

The UC Santa Barbara Gauchos stifled a Cal Poly comeback in the fifth set, after the Mustangs won sets three and four after dropping the first two. The Mustangs nearly added their fourth comeback from down 0-2 this season, but UCSB rallied to win the final set 15-10.

The match was close throughout as the first four sets were decided by 11 points total. UCSB held slim advantages in all major statistical categories except kills. Cal Poly had 74 while UCSB had 73.

Nine players finished with double digit kills, four Mustangs and five Gauchos, although Cal Poly freshman Kristina Graven led all players with 24. Graven also recorded her second double-double in as many nights with 15 digs.

Senior Allison Mort led the Mus­tangs with 19 digs. The deciding sta­tistic appears to have been hitting percentage, where the team who held the lead in that category prevailed in each set. In the second set, the Mustangs hit .395, an unusually high total, but UCSB responded with a .447 hitting percentage of their own.

However, the Mustangs were vastly out hit in the final set recording a .167 percentage compared to .438 for the Gauchos.

A troubling statistic for the Mus­tangs is that they have lost more first sets than they have won, 9 wins to 10 losses. Although they have outscored their opponents in every set, the early hole dug by a first set loss will be harder and harder to overcome as the season progresses.

The Mustangs next match is at UC Davis on Oct. 15 where Cal Poly looks to record its fifth Big West Conference win.

Volleyball splits UC Riverside, UCSB matches

THIS WEEK IN CAL POLY ATHLETICS

FRIDAY
7:00 P.M.
CAL POLY vs. PACIFIC
Women's Soccer
MOTT MADNESS
9:00 P.M. at Mott Gym

SATURDAY
7:00 P.M.
CAL POLY vs. UC IRVINE
Women's Soccer

SUNDAY
12:00 P.M.
CAL POLY vs. SEATTLE UNIVERSITY
Women's Soccer

WE ARE THE MUSTANGS
**Cal Poly out of rhythm vs. Northridge**

By Jerome Goyhenetche

Cal Poly women’s soccer (6-7-1, 1-2-1) struggled to find cohesion in a 2-0 loss to California State University Northridge (CSUN) (8-6-0, 3-1-0). From the start of the game, Cal Poly was unable to sync their passes and numerous turnovers allowed CSUN to possess the ball for most of the first half and outshooting Cal Poly eight to three.

CSUN managed to score their first goal in the 21st minute of the game with an unassisted shot by forward Bianca Burright. CSUN scored their second goal in the 77th minute off of a header from senior Desiree Cardenas on junior goalkeeper Brooke Gauvin, solidifying their win.

Cal Poly was unable to answer, only producing five shots with two on goal, in the second half. Gauvin, who had four saves in the game and 58 in 12 games for the year, said the team needs to regain the focus they had earlier in the season.

“I think we need to start out strong from the start...we need to start connecting more and connecting as often as we can because we’re not playing to our full potential,” Gauvin said.

In their last two games, Cal Poly has been unable to produce a goal and has only registered four shots on goal. Cal Poly’s biggest challenge will be overcoming recent injuries that have put starters on the bench.

Brian De Los Santos

**No. 14 Cal Poly withstands Old Dominion rally Saturday**

By Jerome Goyhenetche

Cal Poly’s women’s soccer (6-7-1, 1-2-1) struggled to find cohesion in a 2-0 loss to California State University Northridge Oct. 10. The team struggled to keep possession of the ball and were out shot eight to three in the first half. The Mustangs won (2-0) after goals in the 21st and 77th minutes.

Forward Bianca Burright looks to pass the ball off in the Mustangs’ game against Cal State Northridge Oct. 10. The team struggled to keep possession of the ball and were out shot eight to three in the first half. The Mustangs won (2-0) after goals in the 21st and 77th minutes.

Brian De Los Santos

*Mustang Daily Sports Editor*

Who said the Mustangs couldn’t pass?

After the No. 14 Cal Poly Mustangs (4-2) seemed like they were developing a one-dimensional rushing offense, they threw for 212 yards through the air against Old Dominion, fueling a 50-37 win last Saturday.

All year, the Mustangs had never passed for more than 200 yards in a game, but against the Monarchs, the passing game opened up.

Quarterback Andre Broadous connected on 7-5 yard touchdown pass to Dominic Johnson in the first quarter to give the Mustangs a 17-7 lead. In the second, Broadous connected on another long touchdown strike, a 44-yard pass to Mark Rodgers.

Through Broadous’ last two starts, he had managed to compile 97 yards in the air. With his two touchdown passes, he had surpassed that total by 22 yards.

Overall, he finished 11 for 14 for 212 yards and two scores.

His favorite target was Johnson, who caught six passes for 123 yards and a touchdown. The performance was the former UCLA transfer’s best game of the season. Coming into 2010, Johnson looked to be the Mustangs’ key receiver on the field, but has struggled to find consistency in Cal Poly’s offense. As the rushing yards have gone up, Johnson’s numbers have decreased.

Before Saturday, he hadn’t had more than 62 yards or five receptions all season.

But with Johnson and the rest of the Mustangs’ success through the air, it’s not to say that Cal Poly didn’t stick to its rushing attack.

In the fourth quarter with the Mustangs leading Old Dominion 27-20, Broadous found pay dirt on a two-yard touchdown run to put the Mustangs up 34-20.

After the two teams exchanged field goals, Broadous scored on another run from eight yards out, to put the Mustangs ahead 44-30.

Fullback Jake Romaneli then put the game out of reach with another rushing touchdown, scoring on a 35-yard run midway through the fourth quarter. The score capped a 23-point fourth quarter for the Mustangs.

In the game, the Mustangs racked up 336 yards rushing. Running back David Mahr led the Mustangs with 156 yards on the ground and a score. Jake Romaneli added 74 yards and a touchdown.

As a team, the Mustangs pieced together 538 yards of total offense.

Defensively, linebacker Marty Mohamed tallied a career-high 16 tackles against the Monarchs. He also forced a fumble and recovered it in the fourth quarter.

Cornerbacks Nico Molino and Asa Jackson combined for 18 tackles, each with racking up nine tackles and an interception.

For Old Dominion, Thomas DeMarten led the team in rushing and passing. He ran for 47 yards on the ground, while managing to go 28 of 57 through the air for 327 yards and four touchdowns. He also threw two interceptions.

Pramiee Gill finished with a team-high 133 yards receiving for a passing attack that had seven receivers catch multiple passes.

The Mustangs continue their road trip next week against Southern Utah, their final game of the five-game road stretch.