Pink and Dude Chefs serves nutrition to local students

Katie Veenstra
SPECIAL TO THE MUSTANG DAILY

Cal Poly students are working to teach local middle school students about healthy living and cooking through the Pink and Dude Chefs Program.

Erin Miller, program coordinator for Pink and Dude Chefs, graduated from Cal Poly with a bachelor's in nutrition in December 2009 and said one of the key goals of the program is to help middle school students learn about nutrition and healthy cooking habits.

"It's a nutrition and culinary program designed to teach middle school students culinary skills, nutrition skills and life and health skills," Miller said.

The Pink and Dude Chefs Program, which was started by Julie Cheesen in April 2008 originally as the Pink Chefs, was implemented as an after-school program because there were few studies focusing on middle school students.

"There was a lot of research targeting elementary schools and high schools, but there was this gap in the research for middle school kids, particularly middle school girls," Miller said.

After running the program for the first time, the middle school boys started asking why they couldn't be involved, so the Dude Chefs program was created. Miller said. Eventually, the two groups were combined to form the Pink and Dude Chefs educational health program.

Though the program is run as a research study through Cal Poly's Science through translational Research in Diet and Exercise (STRIDE), the main goal is to increase the middle school students' knowledge and practice of healthy eating and increase confidence in the kitchen, Miller said.

"We want to increase the self-efficacy of middle school students, Miller said.

Adult education could be discontinued

Alicia Freeman
ALICIAFREEMAN.MD@GMAIL.COM

Citing concerns about the "long-term success and viability" of the Cal Poly Bachelor of Arts degree in Interdisciplinary Studies, Brian Tietje, dean of Continuing Education, issued a letter to interdisciplinary studies majors on Oct. 29 to inform them of his proposal to Provost and Interim Vice President for University Advancement Robert Koons to discontinue the program. The proposal left some students troubled and confused.

"The interdisciplinary studies program, also called the Adult Degree Program (ADP), offers students the chance to acquire a "fully-recognized Cal Poly degree" with the "flexibility" to take "classes during the evening or online," according to the ADP website. The program "incorporates previous college work" that interdisciplinary studies students "must have at least 90 quarter units ... and have completed all lower division general education requirements."

Tietje proposed the discontinuation because he did not feel Continuing Education could support ADP effectively, he said.

"Cal Poly Continuing Education is not an academic college, so it is not equipped with the faculty and staff necessary to provide these supporting elements," Tietje said.

However, the program could be moved to another college that could support it rather than discontinuation, Tietje said. Continuing Education is "asking the deans of the academic colleges to evaluate whether there is an appropriate programmatic alignment for the program," Tietje said.

"We're a statistic; we're a number," Supat said. "We're not part of (Tietje's) vision."

Ultimately, discontinuation is a possibility, but equally possible is that one of our six colleges will step forward and accept responsibility for the program," Tietje said.

On Nov. 4, a group of interdisciplinary studies students gathered in front of the Conchert Education Building to express their concerns about the possible discontinuation.
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Adult Education

continued from page 1

lectures and cooking in the kitchen," Miller said. "We want them to feel confident in the kitchen, and reading—how to prepare meals for their families."

In order to achieve that goal, Miller and Cal Poly student volunteers (the Associated Students and Health Ambassadors), are implementing the program in two local middle schools. Laguna Middle School in San Luis Obispo and Mesa Middle School in Arroyo Grande are currently running the program, Miller said.

Both schools were chosen because they already had after-school programs in place, Miller said. Mesa Middle School was also selected because of the type of students that could be reached.

"About three-fourths of the students are on the school lunch program so they're low income," Miller said.

The program is run in three phases: Nutrition 101, Around the World and Cooking with Science. Each phase has its own set of lesson plans written by Cal Poly students and are constantly being updated and changed to meet the needs of the students, Miller said.

Each phase takes six weeks to complete, with two lessons each week, she said. Each lesson includes a 30-minute teaching session and an hour and a half cooking session.

"The students spend the first sessions learning kitchen, kitchen and fire safety to help prepare them for the cooking sessions where they get to put their new knowledge to use."

The teaching sessions for Nutrition 101 also focus on topics like how to read recipes and nutrition facts labels, meal planning and budgeting and learning about the food pyramid, Miller said.

"We're making what they like and what they request, but just teaching them the small tools to make those foods healthier," Miller said.

Wesley Maddox, a seventh grade student at Mesa Middle School, said of all the phases he does in the program, the best experience happens in the kitchen.

"My favorite part of the program is being able to go in and cook the food," Maddox said.

Around the World phase focuses on ethnic cuisines and teaches about food in different cultures, Miller said.

Phase three, Cooking with Science, goes into much more detail about nutrition, Miller said. The participants learn about carbohydrates, fats, vitamins and other things that are essential for their knowledge of healthy eating.

"From an aspect of the Pink and Dude Chefs is the family component, Miller said. The hope is that students can take the information and help influence their family's habits, she said.

"The middle school population has the capabilities of influencing their parents," Miller said. "They can go home and say 'Mom and Dad, why aren't you buying more fruits and vegetables for the home' and the parents are more likely to listen to them."

One way to affect the health and eating habits of middle school students' families is to allow them to try the foods their children are making, Miller said.

"We have them make a lot more than just one serving of the foods they're making because we want them to take it home to the parents and try it because if the parents don't try it, they're not going to go spend their money buying the ingredients for the recipe," Miller said.

Paulina Arceo, an eighth grade student at Mesa Middle School, takes the information she learns home so her family can learn about healthy eating, she said.

"I have a recipe book and I show them and my mom actually cooks some of the recipes in the book," Arceo said.

Kanemaru, who does most of her work at Mesa Middle School, said that there are lessons about grocery shopping in the hopes that they will affect what kinds of foods the families buy.

"We know that some of the kids actually do go grocery shopping or they can request things from their parents and I think that's a big way to influence their parents," Kanemaru said. "Then they're making a different decision at home."

Kanemaru also said learning how to cook healthier is the basis for a healthier lifestyle.

"If you learn how to cook certain things, you feel more confident and then you can use that when you're at home in the kitchen and it helps you be able to make better choices about what you're doing," Kanemaru said.

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California Polytechnic State University
ASSOCIATED STUDENTS, INC.

The Annual Audit of the Associated Students, Inc. and the University Union for FY 2009-2010 has been completed.

Public information copies are available at the ASI Business Office (UU 212) and at the Campus Library.

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My favorite part of the program is being able to go in and cook the food.

—Wesley Maddox
Mesa Middle School student

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The lengthy discontinuation process provides both sides to share their opinions. Tietje said. "Each phase of programs was carefully reviewed before a final decision is made at the university and recommendations are submitted to the Chancellor's Office."

Wilcher, though about to graduate, said she was passionate about the longevity of ADP.

"Even though I am about to be finished, I still feel strongly that this is a vital program and is worth saving," Wilcher said.

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California Polytechnic State University
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State

SACRAMENTO (MCT) — Students at the University of California would go up by 8 percent next school year under a proposal announced today by UC President Mark Yudof. That would increase the price for a year at UC by $822 to $11,124. With fees individual campuses charge, the price rises to an average of $12,150.

One-third of the $180 million in annual revenue that would be raised by the fee increase would be put back into financial aid, and Yudof is proposing tweaks to UC's financial aid programs to expand the number of students covered.

• • •

LOS ANGELES (MCT) — In a padlocked refrigerator behind San Quentin State Prison's death chamber, 12 grams of scarce sodium thiopental is available to carry out up to four executions.

How California's Department of Corrections and Rehabilitation acquired the drug is a mystery and an impediment to its use.

Asked where the state found the drug, corrections spokesman Terry Thornton said: "I'm not at liberty to say."

The state's previous supply of sodium thiopental, which Hospira manufactures as Pentothal, expired at the end of September.

The unexplained shelf life was among the reasons U.S. District Judge Jeremy Fogel called off the execution of rape-murderer Albert Greenwood Brown, which would have been the first death sentence in California in nearly five years.

• • •

WASHINGTON D.C. (MCT) — Under a plan that India should hold a permanent seat on the U.N. Security Council, a dramatic show of respect to the nation he hopes will play a key role in support of U.S. interests.

The pledge is a step in direction of new international stature for India. The nation likely won't attain permanent council status anytime soon and the United States is backing its additional only as part of a series of council reforms that could be years in the making.

Still, the promise fulfills Indian top priority on the agenda of Obama's visit, a three-day series of meetings to build what the White House is now calling an "indispensable partnership."

• • •

ILLINOIS (MCT) — U.S. Sen. Dick Durbin D-I11., called on Monday for a federal probe into U.S.-bound air cargo that terrorists say was contaminated with traces of the H1N1 virus.

Durbin urged the U.S. Environmental Protection Agency, the Occupational Health and Safety Administration and two federal transportation agencies to assess the health risks that workers and commuters face from breathing high levels of diesel exhaust in the Metra rail system's trains.

Rather than replacing its oldest locomotives with newer, cleaner models, Metra is refurbishing a third of its aging fleet to keep them chugging for at least another two decades.

Briefs

International

GERMANY (MCT) — A home-bound musician whose quartet had just performed a series of classical concerts in Asia forgot his $1.4 million antique violin on a Munich train, German police said Monday.

A worker with the train service determined by the Vatican, which ordain female bishops.

He was riding home from Munich international airport after the Asia trip.

The ban will help reduce the risk of a bomb hidden in a printer cartridge being smuggled onto a plane, said Dave Williams, a representative of the Transportation Security Administration.

"In my experience, these knuckleheads don't just make a couple of home printers, they make a whole shelf of them," he said.

The announcement "sends a good public relations message," said Charlie Dent, R-Pa., ranking member of the Subcommittee on Transportation Security on the Homeland Security and Counterterrorism Program at the Center for Strategic and International Studies, "but it is only a solution in the near term. We are facing a creative and adaptive enemy. We have to ask, 'What is our strategy toward cargo screening?' What level of risk are we willing to accept?"

The number of air cargo packages typically headed to the U.S. each day from Yemen and Somalia can be counted in the tens or at most hundreds, a DHS official said, so the impact of the ban is small.

Yemen's main exports to the U.S. are crude oil and coffee, both of which travel by sea.

DHS also decided to ground air cargo coming from Somalia because of the country's close proximity to Yemen — just across the 100-mile-wide Gulf of Aden — and because it is home to al-Shabaab, a militant organization with ties to al-Qaeda and a stated desire to attack the U.S., said a senior administration official who spoke on the condition of anonymity because of the sensitive nature of the intelligence.

The decision was not based on specific intelligence about mail bomb packages in Somalia, the official said. "Somalia is a nation without any real government," said Charlie Dent, R-Pa., ranking member of the Subcommittee on Transportation Security and Infrastructure Protection for the House Homeland Security Committee.

"It is only logical and a matter of good judgment to suspend packages coming from there."

Cargo from Yemen, Somalia prohibited after bomb scare

Brian Bennett TUESDAY WASHINGTON BUREAU

The U.S. expanded a ban on air cargo coming from Yemen on Monday in an attempt to seal security gaps on a Munich train, German police said Monday.

A worker with the train service said an offer from Pope Benedict XVI to convert to Catholicism, primarily over their opposition to the Church of England's decision to ordain female bishops.

The free bisops spoke of the destruction at developments in the Anglican church that they felt were "incompatible with the historic tradition of the Church for nearly 2,000 years."

They said their resignations were effective at the end of the year.

The officials said a new arrangement for the bishops would be determined by the Vatican, which will facilitate the switch by the traditional Anglican clergy.

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"It is only logical and a matter of good judgment to suspend packages coming from there."

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Doctors to protest planned Medicare cuts

Noam N. Levey
TRIBUNE WASHINGTON BUREAU

With Congress returning next week for a contentious lame-duck session, doctors are stepping up their campaign to pressure Congress to put off major cuts in Medicare payments for physicians, which are scheduled to take effect next month.

If lawmakers do not act, physicians who treat the elderly under the federal program will see a 23 percent cut in their fees starting Dec. 1.

Democrats and Republicans say they want to prevent the cuts, which were imposed by a 1997 budget law designed to restrain runaway Medicare spending.

But addressing the cuts has become an increasingly tortuous ritual on Capitol Hill, with lawmakers from both political parties regularly scrambling to find a way to head them off, often at the last minute.

When deferred, the cuts accumulate, making the pending reduction large.

In June, Democrats and Republicans reached a deal that postponed the cuts for six months. They made up the $6.5 billion price tag by making changes in pension law and some health care accounting rules.

The American Medical Association, which for years has called for a permanent "fix" that would eliminate the need for annual action to put off the cuts, is now pushing for a 13-month extension.

"The cracks in the system are widening," Dr. Cecil B. Wilson, AMA president, said Monday, warning that increasing numbers of doctors are being forced to scale back their care for Medicare beneficiaries.

Secretary of Health and Human Services Kathleen Sebelius told a gathering of medical school leaders Monday that the Obama administration also backs a 13-month extension.

According to Sebelius, the president said at his Cabinet meeting last week that dealing with the cuts "must be one of our top priorities."

But Democratic leaders on Capitol Hill and in the administration are still trying to figure out how and when they will be able to address the looming cut, which could require as much as $15 billion over the next 13 months, according to the AMA.

That will likely be difficult during a lame-duck session that figures to be dominated by an intensely partisan debate over extending the Bush-era tax cuts and passing a stopgap funding measure to keep the government operating into next year.
Proposals to be made for America’s largest wind energy project

Timothy B. Wheeler
THE BALTIMORE SUN

The federal government on Monday invited bids from wind power developers to place turbines off Maryland’s coast, taking the first step toward what could be the nation’s largest offshore commercial wind project to date.

The Department of Interior identified a 277-nautical-square-mile area off the state’s 31-mile coast for possible leasing, largely accepting the recommendations of a state task force that has been studying offshore wind prospects since early last year.

The turbines nearest to shore would be 10 nautical miles off Ocean City, Md. and 20 nautical miles off Assateague National Seashore. The announcement by the Bureau of Ocean Energy Management, Regulation and Enforcement was hailed by Gov. Martin O’Malley, who has made developing offshore wind a centerpiece of his administration’s energy policy. His administration has proposed developing one gigawatt of electricity-generating capacity off Maryland’s coast, erecting more than 20 percent of the state’s electric power. The American Wind Energy Association has said developing in a responsible way; Maryland has pushed offshore wind as the main strength of the winds in those locations, and construction jobs, plus 200 per-year for rapid offshore wind development. The O’Malley administration has pushed offshore wind as the main way to achieve the state’s goal of getting 20 percent of the state’s electricity needs from renewable power by 2022. The governor has joined with neighboring states’ officials to push for rapid offshore wind development. O’Malley joined with Delaware’s Gov. Jack Markell to urge the federal government to help by pledging to buy a significant amount of the power that would be generated.

The announcement caps nearly two years of planning by the state. The Department of Natural Resources worked with the Nature Conservancy, the Department of Defense that turbines might interfere with flights or other operations at Patuxent Naval Air Station and NASA Wallops Island space port on Virginia’s portion of the Eastern Shore. Andrew Gohn, wind energy expert for the Maryland Energy Administration, said other reductions in the area offered for leasing are likely to accommodate commercial shipping into and out of Delaware Bay. A shipping “exclusion zone” has been mapped out on the edge of Delaware’s proposed offshore wind area, but that corridor ends at the northern boundary of the Maryland wind area. Once potential developers have had a chance to register their interest, the federal government will have to sort out any possibly competing bids, then begin evaluating the proposed projects more carefully for potential environmental impacts and for the strength of the winds in those locations.

Each project would be reviewed under the National Environmental Policy Act, Gohn said. That process could take up to two years, by some estimates.

“We want to develop as fast as possible, but want to develop in a responsible way,” he said.

Large commercial offshore wind turbines have generated concerns about their visual impact on tourist-dependent communities. State energy spokesman Ian Hines said turbines built 10 nautical miles from shore likely would appear “fingernail-size” from Ocean City’s boardwalk on clear, cool days. But the machines would be virtually invisible at that distance in peak summer tourism months, he contended, when humid air makes the horizon hazy.

Environmentalists and fishing interests also have expressed concerns that offshore turbines not destroy cold-water corals and other undersea fish habitat. And though most birds tend to stay within a few miles of shore as they migrate up and down the coast, officials have been urged to conduct more detailed studies of how an orchard of tall towers with rotating blades might affect birds or bats that may be that far offshore.

The move to advance wind development off Maryland’s coast comes as the first land-based commercial wind turbines to be built in the state are being tested and readied to begin generating power by year’s end, according to a spokesman for Constellation Energy. A second land-based wind project is under construction on the same mountain in rural Garrett County, Md.

Nationally, the wind industry has hit a slowdown, with additions of new electric generating capacity falling earlier this year to its slowest pace since 2007, according to a recent announcement by the American Wind Energy Association. Gohn acknowledged there has been a “fifth in turbine construction. He attributed it to the recession and low prices for natural gas, but added he believed the slowdown will be short-lived.

Over the long term hedging with renewables is still the best strategy for avoiding price shocks from volatile fuel supplies,” Gohn said.

When the state in its own publicly solicited expressions of interest in its offshore waters about a year ago, six wind developers and three transmission companies responded, Gohn noted.

State officials won’t identify those who responded, but NRG Bluewater Wind has previously expressed interest in placing turbines off Maryland’s coast.
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**Voting Information:**

- **Best Coffee House**
- **Best Happy Hour**
- **Best Cocktail**
- **Best Margarita**
- **Best Beer Selection**
- **Best Local Wine**
- **Best Local Beer**
- **Best Local Winery**
- **Best SLO Bar**
- **Best Key Deal**
- **Best Sports Bar**
- **Entertainment**
- **Best Dance Spot**
- **Best Place for Karaoke**
- **Best Party Supply Store**
- **Best Movie Theatre**
- **Best Call Phone Service**
- **Best Place to Buy Electronics**
- **Best SLO Radio Station**
- **Best Place to Buy Music**
- **Best First Date Location**
- **Best Place to be Spoiled by Your Parents**

**Voting Categories:**

- **Food**
- **Drink**
- **Entertainment**
- **Best Place to Buy Music**
- **Best First Date Location**

**In-Store Voting:**

- **Best Coffee House**
- **Best Happy Hour**
- **Best Cocktail**
- **Best Margarita**
- **Best Beer Selection**
- **Best Local Wine**
- **Best Local Beer**
- **Best Local Winery**
- **Best SLO Bar**
- **Best Key Deal**
- **Best Sports Bar**
- **Best Dance Spot**
- **Best Place for Karaoke**
- **Best Party Supply Store**
- **Best Movie Theatre**
- **Best Call Phone Service**
- **Best Place to Buy Electronics**
- **Best SLO Radio Station**
- **Best Place to Buy Music**

**Vote for the Best, so they are... Above all the Rest!**
Tattoo removal: reasons to rethink the tramp stamp

Erik Hansen is a graduate student pursuing a Master of Public Policy.

So you decided it is time for a lifestyle change; you quit smuggling drugs for MS-13 and are now studying for a more fulfilling — though less lucrative — career in architectural engineering.

Great choice! However, your face, neck, arms and knuckles are covered in constant reminders of your "rebellious" youth — tattoos.

Yup, it is time for the obligatory "tattoo removal" article. In today's job market you will need every competitive edge you can muster — good luck finding a job looking like a freak.

You probably saw the advertisements during the first couple weeks of school about where to get your neo-greek, hipster ass inked.

While some tattoos can be tasteful, tactful and unique (and the vast majority are), getting Johnny's name tattooed over your right boob probably wasn't such a hot idea, especially after he left you high and dry. You stay classy!

Let's run through the basics, no nonsense, so you can take that costly decision and remedy it with an even more costly solution. In 2008, a Harris Interactive Poll on the motivation for tattoo removal found that 16 percent of respondents with at least one tattoo regretted getting at least one of their tattoos (though it should also be noted that 31 percent of the respondents also said the tattoos make them feel sexy).

Of those expressing regret, 20 percent said it was because they felt they were too young when they got the tattoo, 19 percent said because they are now marked for life (not so fast turbo!), 18 percent said they no longer like their tattoo and 16 percent said it was because their tattoo fades over time.

Back in the day, when it was mostly badasses such as sailors, Marines and bikers getting tattoos, you also had to be a badass to get them removed. The only plausible options were dermabrasion — taking a Black & Decker sander to your flesh — or excision — cutting out the tattoo and sewing together the skin (or sewing in spare cadaver skin).

While these options are still see Tattoo, page 10
Portland-based "cinematic world chamber music" quintet 3 Leg Torso will come to Steynberg Gallery Sunday evening and bringing plenty of kooky sounds and stories with them. The 14-year-old trio turned quintet — complete with a violin, accordion, percussion, mallet and double bass — has spread its name all over the radar, from scoring independent films to claiming the No. 12 place on Amazon's Top 100 Album list. With the release of its third instrumental album "Animals and Cannibals" earlier this year, 3 Leg Torso is beginning a sweep over the West Coast with the start of its tour.

Without the real intention of starting a nationally touring chamber music band, accordion player Courtney Von Drehle said he knew he wanted to find innovative ways to incorporate the accordion into modern chamber music.

"I was a composition major in college and was starting to write some strange music," Von Drehle said. After a suggestion from a friend to get in contact with violin player Bela Balogh, Von Drehle went to the violin shop where Balogh worked, and asked if he wanted to team up.

"I went down there and met him and said, 'Hey should we start playing some music?' And he said 'Yeah let's do it,'" Von Drehle said. "I think he thought that I was pretty strange; I don't think he knew what he was getting into."

Soon after, Von Drehle and Balogh started playing on the streets of Portland — violin and accordion in hand — with pseudo Hungarian personas.

"We'd play in front of movie theater lines, outside restaurants," Balogh said. "You know, quick guerrilla tunes — three minutes."

The two would joke with passersby in Hungarian accents, Balogh said. "People would ask us, 'Where are you from?' And we'd say, 'Well, do you know Bosnia? Well we are not from there' and 'Do you know Ser-..."
Winter weather brings the Chinese gooseberry to the table

Don't get me wrong, I love pumpkin pie, stuffed winter squash and sweet potato casserole just as much as the next button-popping diner preparing for holiday hibernation. But at a true Californiaian, I still need a burst of bright color and flavor to remind me the sun will be out soon again, and beach season really isn't as far off as I would love to pretend.

What food can help remind me of the light characteristic of summer even in the wet months to come? The sweet, tart and anything but ordinary, California-grown kiwifruit — also known as a Chinese gooseberry — comes into season early November having captured the very light of the golden California summer sun.

Although this fruit is approximately the size of a small hen's egg, just one contains more vitamin C than an orange, more potassium than a banana and the normal serving size (two kiwifruit) contains more fiber than a whole bowl of bran; making it the most nutrient-deep fruit comparable to more than 20 other common-day fruits. Bite-for-bite, a kiwi has more to offer.

Kiwis get natural meat tenderizers because they contain the enzyme actinidin, which breaks down proteins. However, this same enzyme makes kiwis a poor choice for gelatin-based foods such as Jell-O.

Picking a kiwi is quite simple. Give it a quick squeeze between your forefinger and thumb and if it gives a little it is ready to go. If it doesn't give and remains a firm block, it is not ready to be eaten. Stick it in a paper bag with an apple or banana and it should be good to go for tomorrow's breakfast.

There is one last thing to go over before you run out to buy a bag of these mighty fruits. How to eat a Chinese gooseberry:

1. Slice the kiwi in half.
2. Hold one half in one hand and grab a spoon with your free hand.
3. Get to slooeping! Yes, you read that right — I said get to "slooeping" your kiwi. It is the convenient term kiwi lovers have coined to describe the slice and scoop method of eating and it is a term I suggest you slip into your next conversation to impress your teachers and friends with your vast food vocab.

Whether you choose to sloop or not, be sure to wake up long enough this holiday hibernation to get your hands on some of these delicious green and gold jewels.

CLUE: The Orange are coming!

The Orange are coming! In World War II the British pilots were required to eat so much of this fruit their skin began to turn orange.

Kiwifruit Mint Lemonade
(Courtesy of kiwifruit.org)

Ingredients:
- 2 (350 mL) water
- 1/2 cup chopped green (324 mL)
- 2 3/4 cups (550 mL) Kiwi mint leaves
- 3 California kiwifruit
- 2 to 3 mint leaves

Spiced Winter UNO

In a small saucepan, heat the water with spiced winter UNO until it comes to a boil, remove from heat and let steep for 8 to 10 minutes before removing the mint leaves and lemon slices. Stir in kiwifruit leaves until the mint and lemon have disintegrated, then add the kiwi slices and stir for an additional minute to combine. Strain into kiwifruit leaves. Tart, sweet, and refreshing!

Praline Lasers

There are quite a few variables in terms of the timeframe of the removal process, including: color(s), professionalism, location of tattoo, age of tattoo and your general health. For your basic, black, 3-square inch trampstamp, tribal band or Yoda (which I would leave on), you can expect your ninth session — if you are doing the math from our discussion above, that means you can expect to pay at least six to nine sessions — if you are doing the math from our discussion above, that means you can expect to pay at least $360 to $1,890 to have your tattoo removed.

Sessions start at four weeks apart, and spread out to six to eight weeks apart as you progress. This means that you can expect your ninth session to take place approximately one year from your first session — that is, if you stay on schedule.

The reason for the extended timeframe is because it is not the idea of what it is going to cost to get the ink removed. This is not an area you want to skimp though. Depending on where you go — do your research, this is what something like Yelp is good for — you should expect to pay $20 to $70 per square inch (of tattoo) per session. I don't think you will be able to get a AAA discount anywhere, but saying you're a student might get the price bumped down a little bit.

There are quite a few variables in terms of the timeframe of the removal process, including: color(s), professionalism, location of tattoo, age of tattoo and your general health. For your basic, black, 3-square inch trampstamp, tribal band or Yoda (which I would leave on), you can expect it to take at least six to nine sessions — if you are doing the math from our discussion above, that means you can expect to pay at least $360 to $1,890 to have your tattoo removed.

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The reason for the extended timeframe is because it is not the
Years ago, I was traveling in Eastern Europe and I’d witnessed a man driving a car and there was a large black and white cow sitting in the back of the car,” Balogh said. “I decided to follow these guys and see where they were going. And it was very interesting because they were going very, very fast. At one point they failed on a turn and drove off into this field of sunflowers. So that’s where the title comes from.”

Because the songs have no words, Von Drehle said, their purpose is to tell a story.

“When we think of how to convey that to the audience, we like to entertain the audience and be goofy,” Von Drehle said. “Sometimes we think that telling the story rooted in facts of fiction will explain and entertain.”

Von Drehle said they’re excited to bring some of those silly stories to Steynberg Gallery.

“We’re looking forward to seeing a lot of people, we heard that it’s an interesting space and some interesting folks have played there, and we look forward to joining that group,” Von Drehle said. “We look forward to sharing this music and the joy we find in it.”

Interestingly, owner of the Steynberg Gallery Peter Steynberg said he invited them to play simply because they fit the quota — being a good band.

“My job is trying to get the best music we can for San Luis Obispo,” Steynberg said. “The one criterion is they’ve got to be good.”

Steynberg said they also fulfilled his goal of bringing a wider variety to the gallery.

“That’s what I’m aiming towards — having more world music here,” Steynberg said. The show begins at 7:30 p.m. and admission is $12 at the door. It is for all ages.
Taking the fun out of obesity

Eric Baldwin is an electrical engineering senior and Mustang Daily libertarian columnist.

In the only interesting event of this last Election Day, the San Francisco Board of Supervisors voted 8 to 3 to ban restaurants from giving away free toys with kids' meals if the meals do not pass a series of nutritional and health requirements. In doing so, the board hopes to reduce the appeal of unhealthy foods. According to an article on sfgate.com, the decision will come into effect in December 2011.

It is not difficult to imagine what responses the online articles received. Many praised the board's action as a good (or at least symbolic) first step to addressing child obesity. Many vilified the decision, mostly on the premise that the health of children is the responsibility of their parents, not the government. As a Libertarian, I find this objection to be quite catchy and seductive — it sounds so nice and it goes down smooth. But in the end it's just too easy. There is more going on here and it's far more complex.

To say that it is the responsibility of parents, not the government, to make healthy food choices for kids is a compelling argument for many of us. But is that actually happening here? No, this decision is not preventing parents from making their kids fat. It's just a little toy. No food changes were mandated at all. All they are doing is manipulating the incentives.

That, in my opinion, is the interesting point — the manipulation. It is founded on a handful of assumptions. One, there is a need for a change in children's diets. Two, the government in question has the ability to affect this change. Three, the government has the responsibility to put the change into effect. Every child needs to be taught good food habits. The primary teachers are the parents. There are a lot of fat kids out there. The majority of them eat the way their parents permit. If parents indeed should take responsibility for their children's health, then a vast percentage of parents are failing in that responsibility. This isn't an issue of people merely ignoring their own health; they are ignoring the health of the children in their care. If parents don't take responsibility, who does? Something needs to be done.

Kids love toys. If the freebies kids didn't help sell the kids' meals, they wouldn't be included. Obviously, kids' desires for the toy increases parents' inclination to purchase the meals. If there is no toy, perhaps the kids won't be so interested in the junk food. Removing the toy — manipulating the manipulation — definitely changes the dynamic. Is it enough to prevent childhood obesity? No, but it could be a step.

Something needs to be done and the proposed solution is a possible step in the right direction. Fabulous. But does the board have the right to do this? There is no easy answer here.

At what point does a parent's refusal to take responsibility cause that responsibility to transfer to another entity? At what point do companies have to take responsibility for the misuse of products that are not inherently harmful? When a person or entity refuses to take responsibility, to where does that responsibility get shifted? Is responsibility even a such a requirement was considered "business as usual." I wasn't surprised that kids' preference for toys was manipulated; instead, I was surprised that the manipulation was "business as usual." The parents' irresponsibility was "business as usual." The whole process reeked of normalcy.

I was not surprised that the board chose to manipulate people; I was surprised that such manipulation was seemingly treated as routine and unhealthy. It was a shameless concession to parental failure, it was right and proper.

In the end, the board's hands were tied. We like to think that every problem has a solution, but that's not always true. Sometimes we make wrong decisions until there are no right decisions left and every choice is wrong. When parents choose not to raise their children correctly, the rest of society is forced to choose the lesser of two evils —

At what point does a parent's refusal to take responsibility cause that responsibility to transfer to another entity?

— Eric Baldwin
Libertarian columnist

You've been poked by The Mustang Daily

Poke them back at www.mustangdaily.net

Hey, we've got a real news feed too.
People spend too much time talking through technology

**Maria Blach is a journalism senior.**

Technology has vastly changed the way people communicate in the world today. Understatement, yes, but gone are the days when we sit at home waiting for letters or phone calls on landlines. Now it is all about efficiency and convenience.

It used to be that to get a hold of someone, you had to call them, send a letter or go to their home. Now, a quick text or Facebook message is the norm when wanting to contact someone. I have to ask: are average forms of communication being lost or just built upon?

Don't get me wrong, new technology is nice and makes life easier, but it is making us lose sight of the important things.

Instead of calling someone to sing them "Happy Birthday," I can write something on their Facebook wall. Instead of breaking up with someone face-to-face, I can do it through a text message. Instead of researching something at the library, I can scour the Internet. Instead of doing a lot of things that take more effort, people hide behind technology in order to get them through difficult, or more time consuming, situations.

Technology has also altered many common courtesies, in addition to changing several traditions. I can't tell you how many times I see people out with friends or family, or on a date, and instead of focusing on the people they are with, they are texting someone else. But, am I guilty of this, too. We all are.

Just because everyone has come to accept it and conform, does that make it right?

We live in a world where it is all ways about the fastest, easiest and most convenient way to get something done. People want to keep on top of technology, in order to not get lost in this fast-paced society. But keeping up on technology using social networks such as Facebook and Twitter during class has become easier. Everything we need is right at our fingertips. What does this say about us? Are we heading to a society of disrespect where education is no longer valuable enough to put our phones down for two hours?

Has technology taken over that much that we are consumed by it during all hours of the day?

I am by no means preaching that these technological advances are bad, because I would be a hypocrite since I use them, too. But what I have noticed is they have changed a lot of traditions that used to be valued in our society. I understand these things are not extremely threatening now, but what about in the future? Are we going to come to a point where professors are not needed for lectures and interactions with people are strictly done via text, Facebook, video chat or on other sorts of media?

The world is constantly changing all around us. We all want to be better, faster and more equipped. The question is, how much are we willing to change about our traditions and values in order to keep up with technology?

Do we continue to grow and advance, and forget about the traditional phone call, or face-to-face break-up? Is it acceptable to continue stalking someone on Facebook without having talked to them for months? Where do we draw the line?

Technology is a great tool, but it is important that we don't lose track of too much of the past while continuing on into our future.

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**College students get ‘Loko’ off new beverage**

**Mitch Albom is a columnist for the Detroit Free Press.**

Can we agree that young people need no help in getting drunk?

And can we agree that young people are attracted to the following:

- Large cans.
- Sweet flavors like lemonade or fruit punch.
- A cheap price.
- Staying awake.

Put those all together, and you can understand why Four Loko is one of the fastest-growing alcoholic beverages in the country.

And why so many older people are worried.

Four Loko comes in brightly colored, 23.5-ounce cans. In case you don't remember measurements from high school (which is the age of many kids drinking this stuff), old-fashioned Coke bottles used to be 8 ounces. A typical can of beer is 12 ounces.

Four Loko is not only nearly twice that, it also has 12 percent alcohol content (vs. 4 percent or 5 percent for a beer). And, oh, yeah, it costs only a couple of bucks — at a 7-Eleven, gas station or other easily accessible places.

This may be why the last few months, several dozen students at Washington and New Jersey colleges were hospitalized after reportedly drinking Four Loko. And why campuses across the country — and this past week, the state of Michigan — have banned it and other alcoholic energy drinks from being sold.

Now, in our current mood of "too much government," this will bring out protesters who cry: (1) What's your business if I want to get drunk? (2) Where are the parents in all this? (3) Why are stores selling to minors? (4) What's your business if I want to get drunk? (5) The last is an unwinnable argument. If people want to guzzle our way out on dates is not the only place this new behavior has stretched. With the increasing availability of smartphones, laptops, iPads and the iPod Touch, the convenience.

Don't get me wrong, new technology is nice and makes life easier, but is it making us lose sight of the important things?

---

**Four Loko until they collapse — in their house, not behind the wheel — they have that right. Maybe a waste of life, but they have the right.**

I am more worried about kids — high schoolers, college freshmen — in that adolescent wrestling of wanting to be cool versus not wanting to damage themselves. A yellow or purple can with kiwi or grape flavoring that also promises to — and this is critical — keep you awake is a dangerously tempting product.

Remember, while many of us went through the sneaky-beer phase, these energy drinks are a whole new game. The only beverage we drank for energy was cola or coffee — and coffee tasted bitter, it was our parents' drink (this was long before Starbucks) — and we only did it if it we had a final exam.

Today, kids guzzle energy drinks as if popping chewing gum.

Red Bull. Monster. Full Throttle. Rockstar. You see 15- and 16-year-olds with this stuff all the time. For an edge in sports. To do hours of homework. To be up all night on the computer. Staying awake has never been so attractive.

And crashing has never been so dangerous.

The problem with Four Loko is that the caffeine, taurine and guarana — all stimulants — can mask the effects of all that alcohol. Initially, you feel the jolt and say, "I'm not drunk, I'm alert." So you have another.

But when the stimulant wears off, the depressant takes over. And you have kids blacking out, wakin up on lawns or worse, reporting that they were sexually abused but hardly remember it.

True, stores should never sell this stuff to minors. And parents should teach their kids to be responsible. And we should all love our neighbor, give to charity and maintain the proper body weight.

But since there is no word for fantasy, this world requires some help. I don't mind the ban on this stuff. The guys who started Four Loko — college buddies from the Ohio State University — knew exactly whom they were targeting when they created the brew. You know what kids call it? Blackout in a can. If you think that's a product we must save, we're on a different page.

Teens can mix rum and Coke.
The New York Times Crossword
Edited by Will Shortz
No. 1005

Across
1 Andriot land
5 Raps for a hot root
9 Doo, as a pill bottle
14 Photoshop option
15 Actress Skye
16 Indira Gandhi's family name
17 Bill adieu, informally
19 Live
20 Family beginnings
21 Siste to Phoenix
22 Thanksgiving Invites
23 Commonly Abr.
24 Is on the hunt
26 Failure by a narrow margin
28 Candidate's record
29 Gnome famously sought to use sign language
31 "Brain" of a computer, briefly
32 Topographic map notation: Abbr.
33 Lavin affection
34 Beats of沮丧
35 Like Chopin's, e.g.
36 Blackbird's bird
37 Others (7)
38 French branch
39 It may be off the mark
40 "Wow!"
41 "The Changing of the Guard, e.g."
42 Abstracts
43 "Polonaise in E minor" composer
44 "The Simpsons" character
45 "V for Vendetta"
46 "I love this job!"
47 Brit legislator
48 Painted Chappie
49 "Papoose in the Park"
50 "The Beverley Hillbillies"
51 Chopin's "Polonaise"
52 Group of ions
53 Places for ornamental fish
56 "A意味"
56 "I caught you"
60 Novel
61 Paper, in 10-
62 "Dance"
65 "Van Gogh locale"
66 "Among"
67 "Part of an MoM"
68 "By your account"
69 Special lift, for shorts
70 "Answer, in court"
71 Husband of: Poconomists
72 Character on "Mad TV"
73 Blue food and flavor
74 Swing or rock
75 Coffee cultivator
76 Maria Luisa
77 "Very" or "extremely"
78 "Midnight noble"

Down
1 Mar. alternative
2 Never-ratified
3 "For example. Tom Brady"
4 "Is the Derek Jeter of"
5 "The Harry Potter"
6 Chopin's "Polonaise"
7 "Better"
8 "Fliers in the air"
9 Like a good golf
10 Novel
11 "I, Tim Duncan"
12 Van Gogh locale
13 "Atmospheric"
14 "Fatty part of an" "pork"
15 "by your account"
16 "Answer, in court"
17 "Husband of: Poconomists"
18 "Character on "Mad TV"
19 Blue food and flavor
20 "Swing or rock"
21 "Coffee cultivator"
22 "Maria Luisa"
23 "Very" or "extremely"
24 "Midnight noble"

Theme:
"TOO MANY TO REALY UNDERSTAND SPORTS, YOU MUST BE ABLE TO COMPARE PLAYERS ACROSS SPORTS"
"FOR EXAMPLE, TIM BRACH IS THE DEREK JETER OF FOOTBALL, AND DEREK JETER IS THE TIM DUNCAN OF BASEBALL"
"SO, TIM DUNCAN IS THE TIM DUNCAN OF BASKETBALL?"

EASY: #30
Men

continued from page 16

injury during practice.

That leaves the point guard position in the hands of freshman Jamal Johnson. Callero said Johnson has done a nice job so far, but he is still learning what Callero expects from him.

"Unfortunately, you would prefer to have your starting quarterback back if you're starting a football game; in basketball you would like to have your point guard back," Callero said. "(Johnson's) understanding of what I want on the court is difficult because we've only had four weeks together.

Callero also said some of the freshmen and younger players won't have the luxury of rediscovering this year because they will be counted on to contribute at some point during the season.

"Now, it's learning under fire," Callero said. "We're looking at a situation where they are going to have to develop in games. The plan is to get them enough experience against great college basketball programs (so that by January, when conference play starts, they are able to contribute without making any major mistakes)."

Despite being a freshman, Johnson said he feels comfortable and able to lead the team.

"I'm comfortable in my role as point guard, but it will be something that will take adjustment coming from a high school to a college level," Johnson said. "I've been playing point guard. That's been my role and I'll do what I have to do to lead the team."

With all the injuries that have impacted the Mustangs so far, Hanson said other guys have to step up and take their place.

"Any injury hurts, but when somebody goes down the next person has to step up and that's kind of where we are at now," Hanson said. "We've got guys stepping up and playing positions they need to play. It definitely hurts us, but at the same time, we've got to move forward and that's exactly what's going on."

With the season right around the corner, the goal for the Mustangs is clear: make the Big West tournament and then the NCAA tournament.

"I think it's something we can definitely do and it's never happened here at Cal Poly before so I think that's our main focus," Hanson said. "Although the goal is clear, it won't be easy for the Mustangs. Cal Poly faces a tough non-conference schedule which features matchups against San Diego State and Cal; both were NCAA tournament teams last season. Also included is a trip to historic Pauley Pavilion on Dec. 11 to play the UCLA Bruins in a game to be televised on FSN Prime Ticket."

Hanson said the non-conference games are great because it helps prepare the Mustangs for the Big West Conference schedule.

"(Tough non-conference games) are great," Hanson said. "It's a lot of our guys' first game, so guys got to get the first game jitters out. Once we get a few games under our belt you'll see a lot more contributing."

Hanson said he describes this time of year in one word: excitement.

"I think the style of basketball is exciting and fun to watch," Hanson said. "I think people can expect good team basketball, fun, and on top of it extremely competitive. ... We are all very excited to get out there and build on what we did last year because the tournament is definitely something that we can do in this conference."

The Mustangs will return to the hardwood on Nov. 14 at 5 p.m. for their opening game of the 2010-2011 season at Seattle University.

— Jerome Goyhenetxea contributed to this article.

Women

continued from page 16

making sure they are doing all they can in the off-season to help the team get there.

"I know coming into this season I needed to work really hard," Santiago said. "I actually ended up overworking and got tendinitis in my knees from doing too much. I know a lot of the girls on the team were working really hard through the summer to help us win."

There are a few changes in offensive and defensive schematics this year. Mimnaugh is adding a couple new kinks in the playbook to, hopefully, help the team on the court this season, she said.

"This year we are implementing a little bit of the Princeton offense — a lot of movement on the court," Mimnaugh said. "It's a challenge to try and get it all in before our first game but the team is really focused in trying to improve every day."

Experienced players like Santiago and Clancy are helping with that transition. They are making sure each player knows their assignments on the floor at all times. Rather than rushing through a play and getting it wrong, seniors are helping the team by slowing things down and doing them the right way, Santiago said.

"There is one thing that we have been trying to do with the inexperienced people is really thoroughly explaining what we are doing," Santiago said. "So we can get it right the first time and not develop those bad habits."

Hopefully that effort is enough to help the Mustangs hoist a Big West championship trophy this year. If players like Santiago and Clancy can use their experience to help the team, the Mustangs will be far from the feeling they felt at the end of last season. They are certainly capable of doing so, Mimnaugh said.

"We have the makings for a very, very good team this year if we can stay healthy and focused," Mimnaugh said.

— Patrick Leiva contributed to this article.
Mustangs hit the hardwood for another season

Women's basketball to build off last year's success

Brian De Los Santos
MUSTANGDAILYSPORTS@GMAIL.COM

As Big West Player of the Year, Kristina Santiago and the rest of the Mustangs sat in the locker room after UC Riverside ended their season, a mix of emotions set in. In was the Mustangs' first game of the Big West Tournament and they had just been upset by the Highlanders 54-41 — halting their championship run short by one game. Disappointment and exhaustion soon replaced joy and excitement for a team that had pieced together one of the most successful seasons in program history.

"It didn't feel like it was over," Santiago said. "We were expecting to win it and go to the championship. It was a very unaccomplished feeling.

This season, the Mustangs are going to make sure they don't feel those emotions again.

The Mustangs bring back just two starters and 11 letter-winners from last year's team which went 18-13 (11-5 Big West). They return players such as Santiago — who averaged a conference-high 19 points per game last season.

Senior guard Rachel Clancy averaged 11 points per game last season.

and Rachel Clancy, an All-Big West honorable mention selection a year ago, Santiago and Clancy, along with the rest of the Mustangs, will be looking to grab hold of the one thing which has eluded them so many times — a Big West championship.

"We have been so close, it's been right there too many times," Clancy said. "I definitely believe this year will be the year where we can actually snatch it."

Every year since the program started, the women's basketball team has fallen short of a championship. In the program's 37-year history, no team has been named a Big West champion. In 2009-10, the Mustangs were close. Cal Poly tied a school record for conference wins and conference winning percentage. In second-place finish in the Big West was the highest finish in the program's history. And yet, the Mustangs fell in the semi-final round of the Big West Tournament at the hands of UC Riverside.

"We came out all fired up and I feel like we all had it in control and then we just let it slip away," Clancy said. "We definitely expected to be there longer than that. It just didn't feel real at all."

If the Mustangs are going to piece together the effort to make a championship run this year, they are going to need all the firepower they can get. Multiple obstacles stand in the way of that Big West Championship trophy.

In the Big West, there will be no easy wins, head coach Faith Mimnaugh said. "UC Riverside has always seemed to be a constant thorn in Cal Poly's side. UC Davis returned all its starters but one and UC Santa Barbara has numerous redshirts and transfers joining its team this year.

"I think in the last couple of years we have seen a growth of all the programs (in the Big West)," Mimnaugh said. "I have a great respect for all of our opponents. I think it will be one dog fight to get to the top."

Even before its conference schedule, Cal Poly is on the road for seven of its first 10 games. Overall, the Mustangs will play the most road games in program history this year, Mimnaugh said.

"That will be a certain challenge," Mimnaugh said. "On top of that, it will be the toughest from an opponent standpoint. Probably the toughest (non-conference) schedule we have ever put together."

That doesn't mean the team isn't determined to try and make a championship run. Santiago, as well as many other players, are looking to have a tremendous foundation to start building on," Callero said. Leading the way with the most experience on the team is senior guard Shawn Lewis. Lewis was the team's second leading scorer last season, averaging 11.8 points per game. Also expected to have a big year is junior forward David Hanson, who averaged 10.5 points and 5.5 rebounds per game.

Cal Poly also returns to the mix after leading the team in rebounding a season ago with 8.8 rebounds per game in only 10 games. Hanson said the extra year of working with the coaching staff has helped in all the returners' understanding of the team's expectations.

"Having that full year, I feel like it's way different than it was last year," Hanson said. "I'm trying to learn the same thing but we're trying to have a solid year."

Despite struggling down the stretch, the Mustangs were able to secure a spot in the Big West Conference tournament, Cal Poly won its first game in the tournament against UC Irvine but fell to Long Beach State in a semifinal matchup to conclude their season with a 12-19 record.

This year, the Mustangs will be led by a quartet of players who Callero said he expects big things from. He said a big difference from last year is that the returners understand the coaching staff and their expectations better.

"We have four solid players that are back with some experience, which