Although Open House is coming up on April 14 to 16, few former Cal Poly students can recall the former Central Coast celebration it replaced.

From 1933 to 1990, the precursor to Open House, Poly Royal, showcased the success of Cal Poly in a fair-like gathering that attracted parents, employers and eventually, party-goers from across California.

"Poly Royal was a big deal," said Gary Kirkland, a 1971 Cal Poly graduate and longtime Central Coast resident. "They would have 100,000 people on campus and all kinds of activities."

Student-made advanced architectural designs and technological inventions sat beside barbecue and strawberry shortcakes. Classic activities included booths hosted by university departments and clubs displaying the various student creations.

"I toured the electronics department, and they had a descendant mouse before 'the mouse' became a household term," Kirkland said.

Other popular attractions included magic shows, scuba diving tanks and a newspaper-printing exhibit.

"Many of the local schools would cancel school because the kids would go (to Poly Royal) anyway," Kirkland said. "Poly Royal grew and grew and grew until they had a carnival at night for kids."

Former mayor and current Cal Poly professor Allen Settle said the event exemplified Cal Poly's mission statement.

"Poly Royal was very successful because it helped educate the intercollegiate value of 'Learn By Doing,'" Settle said. "People tended to be compartmentalized on campus, but there is a lot of overlap and lots to be learned from different fields. I could go around as a professor and learn about what is going on in other colleges."

Though education was the focus, the town seemed to gain more from Poly Royal. Local businesses also prospered during Poly Royal weekend.

"All the hotels' rooms were full, and the restaurants were crowded," Kirkland said.

San Luis Obispo resident Angelo Procopio moved into town in time to witness the final years of the tradition.

"Poly Royal was a big moneymaker," Procopio said. "As the event grew, it attracted more than just local residents, and it affected all aspects of campus life — most notably the party scene."

"A lot of people were coming onto the campus and into the community for reasons other than Poly Royal — they came to party," Settle said. "It started developing a carnival-like atmosphere."

During one Poly Royal, Settle, who was mayor at the time, round the community in an unmarked car with the police chief.

On that afternoon an intoxicated Cal Poly student ran a stop sign, crashed a parent's truck and significantly injured multiple people.

In 1990, the party atmosphere finally hit its peak.

A riot broke out, and the violent crowd rioted Campus Bottle Shoppe at the corner of California Boulevard and Hawthway Street. Rooms smashed the liquor store's windows, bailed objects inside and threw rocks at police, who Settle said were overwhelmed by the number of people.

A mob of more than 1,000 people attacked businesses, homes and cars from about 10:30 p.m. to 2 a.m., according to a 1990 Los Angeles Times article.

Abdul Souki, the current manager of Campus Bottle Shoppe, heard the story from the owner at the time.

Souki said the owner was trapped in the store during the melee, and only after the police sprayed tear gas, did the frenzy subside.

A handful of clings from that night remain on the store walls today.

Following the riot, former Cal Poly President Warren Baker met with former Mayor Ron Dunis. Baker canceled future Poly Royal events days later, marking the end of the event as it was known.

Settle, who was a city councilman at the time, said he agreed with Baker's decision.

"I enjoyed Poly Royal, but I could tell it was going downhill because every year it was getting a little more out of control," Settle said. "And like any good party, no one wants to leave the city simply can't manage having the number of individuals at that pattern of behavior. No one wants to have a wrongful death suit on their hands."

While Settle said the event could not be sustained, he adamantly acknowledged that Poly students were not the problem. Rather, the partygoers pouring into town caused most of the damage.

Souki said he agreed.

"People don't disrespect their own town," he said. "It's the outsiders who mess it up."

Despite the mayhem in 1990, there is a growing call for the return of Poly Royal.

"Why not reinstate the whole thing?" Kirkland asked. "The definition of a coward is (making) decisions based..."
A Better Way to Pay for College...

When Federal Aid Just Isn’t Enough

APPLY ONCE
Secure Financing For Your Entire Undergraduate Career*

Visit our website
www.sesloc.studentchoice.org

Call Toll Free
(866) 673-7754

We help students achieve their dream of a higher education, without the higher price tag often associated with private student loans.

Competitive Rates
24/7 Call Center

Online Application
Flexible Repayments

*subject to credit qualification and annual credit review.

POWERED BY

StudentChoice
convenience · trust · value

SESLOC
FEDERAL CREDIT UNION
Where You Belong
MURRAY STATION
APARTMENTS
Your Home While You’re Away From Home
Pet Friendly
❖ Walking Distance to Cal Poly
❖ Sparkling Pool
❖ On-Site Management
❖ Study Room with Wireless Internet Access
❖ 24 Hour Emergency Maintenance
❖ BBQ Grills
❖ On-Site Laundry Rooms
❖ Furnished and Unfurnished Units

Visit Us in Person or on the Web!
1262 Murray Street,
San Luis Obispo, CA 93405
Phone: (805) 541-3856
Fax: (805) 541-5052

www.murraystationapartments.com

OPEN HOUSE COMMUNITY: OPEN HOUSE
11A.M. - 5:00 P.M.
APARTMENTS
F R O M  9 :00 A M  T O  5 :00 P M

POLYWOOD
OPEN HOUSE CONCERT
SYMPHONY
WIND ENSEMBLE

APRIL 16, 2011
8 P.M. SATURDAY
PERFORMING ARTS CENTER

MURRAY STATION
APARTMENTS

Poly Royal
continued from page 2

on fire. It was tyranny of the minority and a cowardly act to cancel Poly Royal — because a few people screwed up, you punish everyone?

In recent years, Poly Royal has returned in a subdued form. For instance, the rodeo during Open House is currently referred to as the Poly Royal Rodeo. Many believe, though, that reviving the entire event is still possible. A retired Santa Barbara sheriff’s deputy, Dave, who declined to give his last name, recalled a similar event annually during Halloween in Isla Vista. “We never eliminate Halloween,” Dave said. “We just put more controls in place.” (Poly Royal) is manageable. It takes the university, the city of San Luis, the police and all other organizations coming together and making a gameplan.

Nevertheless, there is little movement toward actually reviving Poly Royal.

Vice President for Student Affairs Cornel Morion said he is unaware of any efforts to bring back the original event.

Andreene Kawai-Leutting, assistant director of Student Life and Leadership, attended Poly Royal as a Cal Poly student and currently serves as supervisor to the student-run Open House Committee.

“The old Poly Royal had the festive carnival-feel, and now there is more of an academic perspective,” Kawai-Leutting said. “There is a community asking for Poly Royal to come back in its entirety, but there is a community asking, ‘Please don’t.’”

The Open House Committee advisor, did, however, offer a few glimmers of hope for those wanting to see the return of Poly Royal.

“We have an opportunity with the new president to explore what we want (Open House) to be in the future,” Kawai-Leutting said. “Could we ever have 100,000 people come here? We could, but I’d be scared. It would require a lot more support than a 20-student staff of volunteers.”

The old Poly Royal had the festive carnival-feel, and now there is more of an academic perspective.

— Andreene Kawai-Leutting
Assistant director of Student Life and Leadership

Poly Royal

Continued from page 2

in main, and a cowardly act to cancel Poly Royal — because a few people screwed up, you punish everyone?

In recent years, Poly Royal has returned in a subdued form. For instance, the rodeo during Open House is currently referred to as the Poly Royal Rodeo. Many believe, though, that reviving the entire event is still possible. A retired Santa Barbara sheriff’s deputy, Dave, who declined to give his last name, recalled a similar event annually during Halloween in Isla Vista. “We never eliminate Halloween;” Dave said. “We just put more controls in place.” (Poly Royal) is manageable. It takes the university, the city of San Luis, the police and all other organizations coming together and making a gameplan.

Nevertheless, there is little movement toward actually reviving Poly Royal.

Vice President for Student Affairs Cornel Morion said he is unaware of any efforts to bring back the original event.

Andreene Kawai-Leutting, assistant director of Student Life and Leadership, attended Poly Royal as a Cal Poly student and currently serves as supervisor to the student-run Open House Committee.

“The old Poly Royal had the festive carnival-feel, and now there is more of an academic perspective,” Kawai-Leutting said. “There is a community asking for Poly Royal to come back in its entirety, but there is a community asking, ‘Please don’t.’”

The Open House Committee advisor, did, however, offer a few glimmers of hope for those wanting to see the return of Poly Royal.

“We have an opportunity with the new president to explore what we want (Open House) to be in the future,” Kawai-Leutting said. “Could we ever have 100,000 people come here? We could, but I’d be scared. It would require a lot more support than a 20-student staff of volunteers.”

The old Poly Royal had the festive carnival-feel, and now there is more of an academic perspective.

— Andreene Kawai-Leutting
Assistant director of Student Life and Leadership
Remember the 1960 Mustangs

Survivors tell the story of the tragic event that killed 22 people Oct. 29, 1960

Brian De Los Santos
MUSTANGDAILYSPORTS@GMAIL.COM

It’s been 50 years since that foggy night in Toledo, Ohio. The night when the simple decision to board a twin-engine C-46 meant life or death.

Former Cal Poly fullback Carl Bowser hasn’t forgotten that day. As each anniversary passes, Bowser remembers the people who were lost on Oct. 29. Around the time that day rolls around this year, he will drive to the cemeteries where his old teammates are buried with three red roses in hand.

Each rose will honor a certain teammate of his from the 1960 Cal Poly football team, a team that became nationally known after the plane they were in crashed flying out of Toledo.

Bowser was on that plane, the flight in which 22 of the 48 on board lost their lives.

The first rose will honor Larry Austin, a former end who left behind a wife and a baby. The second will honor Joe Copeland, a former center who also left behind a wife. The final rose will be in honor of Curtis Hill, a former Cal Poly end who many thought would reach NFL stardom.

"I was around those guys my whole life," Bowser said. "Larry Austin was my best friend, he was sitting right in front of me ... What I couldn’t understand was why did I live?"

Bowser has made routine trips like this for years. He stops by when he can to visit his old buddies. Most of the time, he said, there are no words. He’ll stand there in silence. But this year — the 50th anniversary — as he drives to the cemeteries, he will lay each rose over each grave, he will make sure to deliver a message.

"Hang in there boys," he plans to say. "I am going to catch up with you."

Bowling beat down

Cal Poly had what you could call a powerhouse football program in the late ‘50s. Under head coach LeRoy Hughes, whose 12-year career ended in 1961, the Mustangs went 73-37-1. From 1952-1959, Cal Poly combined for a 59-18 overall record, including an undefeated season when the team went 9-0 in 1953.

Prior to 1960, most of the team’s successes were due to an experienced senior class. But most graduated coming into the 1960 season, leaving sophomores and juniors to try and keep the tradition going. Guys like quarterback Ted Tollefson and center Gil Stork tried to live up to the expectations of the experienced team the year before, which went 6-3 overall.

"They had a great senior core," Stork said. "But by the time we (underclassmen) arrived at the varsity scene, there were only eight seniors ... we were mostly a sophomore and junior football team with a powerhouse schedule."

Cal Poly opened the season at Brigham Young University and lost by a score of 34-14. The Mustangs came home to defeat San Diego State 34-6 and then suffered three straight losses to Montana State, Fresno State and Long Beach State.

Their next game forced them to travel to Ohio for a matchup against Bowling Green. Cal Poly would have to pull out one of its best performances of the season in order to win.

Bowling Green was no pushover, former Cal Poly running back Roger Kelly said. "We probably shouldn’t have..."
continued from page 5

been playing them," Kelly said. 
Kelly was right. The Mustangs couldn't compete. The team fell for the fifth time that season, losing 50-
6. Kelly scored the only touchdown, a 68-yard or so punt return, he said. 
"They beat the tar out of us," Kelly said. "It was a very humiliating experience." 
The game stood out in Kelly's and many players' minds, but what may have been more memorable was the flight home.

Fog

The game finished mid-afternoon and there was some time to burn on campus until the flight. Stork said. Their flight was scheduled to depart at 8 p.m.

That wasn't exactly the news the Mustangs wanted to hear. Quite frankly, the team just wanted to get home as soon as possible, former offensive guard Roy Scialabba said. The team was already burdened with one of the worst records in recent years, and another loss didn't remedy the pain.

"No one was feeling well," Scialabba said. "We were all trying to get to the plane and get out of there."

When the time came to make the trip to the airport, a blanket of fog set in on the area. It became thicker and thicker as the night drew on and soon enough, it was almost impossible to make out anything from a distance.

Bowser certainly couldn't. "When we got out of the bus we were maybe 15 to 20 feet from the aircraft," Bowser said. "And you couldn't even see the airplane. I just said 'Where is it?'"

Former end Brent Jobe wanted nothing to do with the plane. He said he didn't want to leave the airport that night. The conditions were far too bad for an aircraft to fly. He was ready to stay behind and leave home in the morning on the train. He didn't like anything about the potential idea of taking off, he said.

Looking back, "we never should've been flying in that kind of weather in that airplane," Jobe said.

Planes like that twin-engine C-46 airliner had been used as military transports in World War II, but this one was being used to transport traveling football teams. It arrived in Toledo after returning Youngstown-Southern Connecticut College home safely.

Under the foggy conditions, it took pilots approximately two hours to decide whether or not to face the fog and take off. When they did, Jobe joined the team aboard the plane. He said he feared if he were to disband from the team that day, the team would never let him play again. "I don't remember exactly what I said," Jobe said. "It's about 50 years ago now, but I remember I wasn't happy about going."

For others, the decision brought a sigh of relief. Anything felt better than staying another minute in that place.

"We were 18, we weren't pilots or anything like that," Scialabba said. "We were just kids trying to get home."

The crash

It wasn't until a few moments after taking off that Tollner knew something was wrong.

"I was sitting right on the left wing and you could just tell," Tollner said. "The engine sputtered and then it just stopped."

No one knows how high the plane got up. The Blade, a newspaper in Toledo, reported that the plane fell from approximately 100 feet in the air. Bowser said he thought it must have been at least 600 feet, then the plane started shaking and vibrating uncontrollably. At that moment, the left engine quit, causing the plane to plunge back toward the airport.

"I knew we were going to go down," Tollner said. "You just kind of tucked up into a ball and covered your head. The next thing you know, there was a crash."

The plane landed on its nose on the other runway of the airport. The impact was so strong it split the plane in half, from front to back. Upon contact, some players were thrown out of the aircraft and onto the ground surrounding the plane.

"It was chaos," Tollner said.

For most players, it was a blur. Fire, the sounds of people scrambling and explosions were just some of the things Tollner could recollect. Once he regained consciousness, he gathered he was OK but in shock. Through all the debris and fire, his first instinct was to get up and help his teammates.

"But I couldn't figure out why I couldn't walk," he said.

He had an injury to his foot that immobilized him, an injury that was nothing compared to some others. He was one of the lucky ones. His seat on the wing almost drew the line of life and death.

"Pretty much the players that didn't make it were in front of me," Tollner said. "That was where all the fire and stuff was."

After Tollner tried to get up and realize he couldn't, Bowser and a couple other teammates found him and dragged him to safety. Bowser had sustained cuts and bruises, but he was OK as well.

"I wanted to keep helping," Bowser said. "But I couldn't see anybody else."

Kelly did his part in helping as well. The impact of the crash caused Kelly's seat to eject from the plane. see 1960, page 7
1960
continued from page 6

and land facedown on the runway. As soon as he was able to get out of his seat, he began searching for others, he said.

"I got up and started helping, then my back, which was broken in five places, started hurting," Kelly said.

He wanted to keep helping, but couldn't get to Scialabba and 24 other survivors who were all out some-

where scattered about the runway. For Scialabba, that whole night is hard to recall. He can't remember the thoughts he had in the plane or during the crash. It all happened so fast, he said, he didn't have time to think.

"It's like a blank spot," Scialabba said. "All these things are happening and before you know it, you wake up in a hospital room."

Lost but not forgotten
It wasn't until Stork was in the hospital that he found out the details of what happened that night. He had no idea which of his friends had passed away. He had no idea what caused the plane to crash. He was in the dark, he said, and no one wanted the burden of telling him the unbearable news.

Stork said it wasn't until someone brought in a newspaper that he saw the figures and the names of all the people who died.

"That was a real shock for me," Stork said. "People that were friends of mine were suddenly gone. It was the first time I had ever experienced anything like that."

He couldn't understand why he was so lucky.

"How was I allowed to survive and someone who had four girls was killed?" Stork said. "It just didn't make any sense at all."

Sixteen players, one student manager, a member of the Mustang Booster Club, the two pilots and two others died that night. The crash, the first involving a U.S. sports team, also left five women widowed and nine children without fathers.

"All of them were great people," Scialabba said. "They were hard working people. Hard working, dedicated people. We miss all of them."

The deaths sent a shock wave around the country. A game called the Mercy Bowl was played in their honor and reportedly raised anywhere from $170,000 to $275,000 for the families who had lost sons, husbands and fathers. More than 33,000 fans attended the Mercy Bowl to see Fresno State defeat Bowling Green 36-6.

Cal Poly alumnus John Madden helped as well. Madden, who had played football at Cal Poly from 1957-1958, pieced together a benefit match with the Allan Hancock Junior College team, where he coached at the time.

The Arctic-Pacific company — the team in charge of the C-46 that night — lost its license to fly. On Nov. 1, 1960, The Blade reported
open house

1960
continued from page 7

that the government "issued an or- der grounding all planes operated by
Arctic Pacific." In addition, the Fed- eral Aviation Administration (FAA) reviewed its procedures concerning taking off with poor visibility. Previ- ously, pilots had the final decision on weather or not to take off for flight. After the crash, the FAA gave air traf- fic controllers the final say.

Cal Poly felt the impact immedi- ately. On Oct. 31, classes were dis- mised at 10 a.m. so students could attend a memorial in Crandall Gym-
nasium. It was filled to capacity.

Back in Ohio, the players re- mained in three different hospitals. For guys with injuries such as Kelly's, it wasn't until late December that they were allowed to return home. "I wasn't able to talk to many people when I was in the hospital," Kelly said. "I was pretty sick and I had tubes running everywhere in my body. I was in and out of it. I'd lose probably 35 pounds in probably a week, week and a half."

His injuries kept him in a full body cast for approximately three months he said, but once he got bet- ter he started playing football again. Kelly was one of 10 survivors to play on the football team the next season, one many people thought would never see the field.

"After the crash, they could have just dropped football and never had a program again," Tollner said. "It could have been very easy to do that just because they had to rebuild everything. There was so much pressure put on the university, the president and administration to drop football. They kept the sport alive and I am very appreciative."

The Mustangs finished the season prematurely in 1960, canceling their last three games and ending the season with a record of 1-5. In the season after the tragic crash, the Mustangs returned to the field with 35 players. That team blew the previous season's record out of the water, finishing 5-3 in Humes' last year as head coach.

"Once they decided we are going to have a season and we were able to win a couple games, we wanted to help over- come a tragedy so that the university can continue to have a football program as part of its athletic department," Toll- ner said. "We were very proud."

Still, not even a winning record could make mourning the deaths of their teammates less painful. It wasn't easy to move past the crash and for most, it took years. Stork said. As he views it, there is a reason each one of those players aboard that plane lived. It was a second chance of sorts, he said, and he and his teammates are determined to make the most of it.

Most have come a long way. Tollner is now the passing game co­
nordinator with the Oakland Raid­
ers. Bowser spent most of his days coaching football for multiple teams in Bakersfield, Calif. and Stork is the president of Cuesta Community College in San Luis Obispo.

But no matter how far they have gone in their lives, no matter what they have done or how far they have traveled, most just want to make one thing clear: Their teammates who died that day are far from forgotten.

"We never want to forget, we nev­er want it to go away in our minds," Stork said. "If it goes away we will have lost that importance of what that event meant to us. If I forget them, I will forget the reason I do what I do."

Stefan Ball, Kristy Gonzalez, J.J. Jen­kins and Leticia Rodriguez contributed to this article.

Thank you Cal Poly for voting us the Best Thrift Store! Shop Goodwill and SAVE

on the stuff you always need

Clothing Linens
Furniture Housewares
Mattresses Accessories

Voted #1 Thrift Store for more than 10 years!
TAX FREE EVERYDAY
10% STUDENT DISCOUNT
SUN & TUES.

San Luis Obispo Store: 15 South Higuera • 544-4965
Outlet & Vehicles: 880 Industrial Way • 544-0542
Paso Robles 1020 Park St. • Atascadero 8310 El Camino Real • Grover Beach 1628 W. Grand Ave.
The ‘SLOprah’ Effect: Oprah names SLO ‘happiest place on earth’

In November, San Luis Obispo was named the happiest town in America. Months later, on Jan. 26, Oprah Winfrey featured a segment on San Luis Obispo on her TV show. Only a little more than a month after the airing of the segment, San Luis Obispo residents were more likely to smile and be joyful than to be sad and experience depression.

Buettner was originally drawn to San Luis Obispo by Gallup polls on well-being, which measure emotional health in the nation. In a five-year span, the town ranked highest in emotional health for three years.

Oprah picked up on San Luis Obispo’s attractions and sent correspondent Jenny McCarthy to create a three-minute segment in which she interviewed mayor Jan Marx, rode the streets of San Luis Obispo with a member of Cal Poly’s Wheelmen and dined creekside with locals.

Along with the segment on “The Oprah Show,” Buettner and San Luis Obispo have been featured in Parade magazine, on Yahoo! Travel, “Good Morning America” and Delish.My. Miller said Buettner also recorded a segment with Dr. Oz.

Some worry this “Oprah Effect” will attract more tourists and take away from the hometown vibe of San Luis Obispo. However, most Cal Poly students aregon to live in the happiest town in America.

“Would the happiest place in America be disappointed about tourists?” she said. “I don’t think so.”

An increase in tourism could potentially help the local economy.

Social science sophomore Constance Ng said an increase in tourism could only mean good things for local businesses.

“If the tourists come through when school is out, it can only be beneficial for the merchants around town,” she said. “Because when students are gone, San Luis Obispo is kind of a ghost town.”

However, English freshman Lia Hedriana said part of the reason San Luis Obispo is such a happy place is because of the right-knit community that is the 45,000 person town.

“If there are more tourists, we’ll lose that,” he said. “And I don’t want that.”

Not only do students feel optimistic about San Luis Obispo’s economy, but about the future of the town as a whole.

English freshman Paige Isaacson said increased media attention would increase San Luis Obispo’s diversity.

“Those are the people that cut it during editing.”

Aside from controversy of the “Oprah Effect,” many Cal Poly students feel proud of their town, and the recent hype has reassured them that they made the right decision in attending the university.

“When I saw the segment on Oprah, I just made me feel more confident that I’m in a great place.”

While many sing praises to San Luis Obispo’s new fame, Ng questions the validity of the recognition.

“I don’t think they surveyed all the right people,” she said. “They talked to students rather than students, they didn’t talk to anyone who lived on campus.”

In fact, Cal Poly and its students were only mentioned in reference to the low crime rate. Miller said the Oprah film crew did some work on campus and talked to many students, but it all got cut during editing.

“It’s really a bummer because the students are what make this town vibrant and lively,” she said. “Without them, San Luis Obispo would be pretty sleepy.”

In San Luis Obispo, weather, environment and natural beauty were big winners in the eyes of students.

“It’s summer in January,” Hedriana said. “You can go surfing whenever you want, how can you not be happy?”

Hedriana’s thoughts were echoed throughout the University Union Plaza on Monday afternoon as students said they were “stoked” to live in the happiest town in America.

“What’s not to be happy about?”

Berry said. “This is a pretty fantastic place to live.”

Editor’s note: This story was originally published Feb. 3, 2011.
Jeffrey Armstrong officially takes office as Cal Poly president

Jeffrey Armstrong, the former dean of the College of Agriculture and Natural Resources at Michigan State University, was chosen because of his academic credentials, leadership abilities and strong background in agriculture and science.

Victoria Zabel
VICTORIAZABEL.MS@MICHIGAN.EDU

For Jeffrey Armstrong, Feb. 1 began just like any other day — he'll get up, go for a run, shower, eat breakfast and spend time with his wife, Sharon. After that, things for Armstrong will change. Feb. 1 was his first official day as Cal Poly's president.

Armstrong's first events as Cal Poly president included an ASI breakfast, a press conference and an afternoon meeting with the Academic Senate.

On Dec. 15, 2010, Cal Poly released a statement confirming it chose Armstrong as the new president of the university. Armstrong has since been embraced by the Cal Poly community and looks forward to "balancing his administrative duties with student interaction," he said.

"I've really enjoyed spending time here — getting a feel for the campus and the students," Armstrong said in a meeting with the Mustang Daily staff Jan. 21. "Last week I had a piece of pizza with an engineering student, and I already have a meeting scheduled at Woodstock's.

Matthew Roberts, interim chief of staff to the president, said free time to wander around campus will be limited in the coming weeks because Armstrong's days will be filled with activities and engagements.

"Whenever there's a change of president there's a transition period, and everyone is curious about (him or her)," Roberts said. "Right now, everyone — internally and externally of the university — wants President Armstrong's time."

Roberts mapped out a tentative schedule of events for Armstrong's first day: a breakfast meeting with student leaders and college council presidents, a press conference, a tour of the administration building, a meet and greet with the staff of each department and an afternoon meeting with the Academic Senate.

Sarah Storelli, Associated Students, Inc. (ASI) president, will attend many of Armstrong's first-day activities. Storelli is excited to work with Armstrong and said he has recently embraced the campus culture.

"So far, President Armstrong has been wonderful — he's approachable, student-oriented and seems genuinely happy to be at Cal Poly," Storelli said. "The schedule he's put together for the first day is tremendous foreshadowing of what's to come — he's made a real effort to intimately connect with all different facets of leadership on campus."

Armstrong also plans on utilizing student talent, and is "blown away" by the amount of student involvement on campus.

"Cal Poly lives and breathes 'Learn By Doing' campuswide," Armstrong said. "I am so impressed that students run the Rec Center, UGS (University Graphic Systems) and are responsible for a substantial budget (through ASI) ... it's really neat to be a part of that."

Interim president Robert Glidden agrees with Armstrong.

"Being an outsider, it was apparent early what a unique place Cal Poly is," Glidden said.

Glidden was with Cal Poly for six months, and he too was impressed by the quality of students, faculty and staff, both academically and socially.

"The easiest part of the transition (for Armstrong) will be the people — there are really genuinely nice people here at Cal Poly, and I have not seen the cynicism and negativity apparent at other universities here," Glidden said. "Everyone's happy — it's the happiest place in the U.S. I didn't know it until Armstrong seconds Glidden's feelings. He said there has been an organized and concentrated effort to facilitate a smooth transition, but he also said it's been a learning process because there hasn't been a new president in 30 years.

"Part of that learning process will involve dealing with Cal Poly's most pressing issues, and at the forefront is the California State University (CSU) budget."

Business administration senior Prena Ashabi said the budget is something that cannot be ignored by the new president. Ashabi said students cannot accomplish tasks and get work done.

"Cal Poly boasts some of the highest quality individuals who are the best in (their) business," Armstrong said. "I am not afraid to delegate work to someone who knows better or more than I do."

Armstrong also plans on utilizing student talent, and is "blown away" by the amount of student involvement on campus.

"Cal Poly lives and breathes 'Learn By Doing' campuswide," Armstrong said. "I am so impressed that students run the Rec Center, UGS (University Graphic Systems) and are responsible for a substantial budget (through ASI) ... it's really neat to be a part of that."

Interim president Robert Glidden agrees with Armstrong.

"Being an outsider, it was apparent early what a unique place Cal Poly is," Glidden said.

Glidden was with Cal Poly for six months, and he too was impressed by the quality of students, faculty and staff, both academically and socially.

"The easiest part of the transition (for Armstrong) will be the people — there are really genuinely nice people here at Cal Poly, and I have not seen the cynicism and negativity apparent at other universities here," Glidden said. "Everyone's happy — it's the happiest place in the U.S. I didn't know it until Armstrong seconds Glidden's feelings. He said there has been an organized and concentrated effort to facilitate a smooth transition, but he also said it's been a learning process because there hasn't been a new president in 30 years.

"Part of that learning process will involve dealing with Cal Poly's most pressing issues, and at the forefront is the California State University (CSU) budget."

Business administration senior Prena Ashabi said the budget is something that cannot be ignored by the new president. Ashabi said students cannot
Word on the Street

What about Cal Poly is special to you?

The teachers are a bit about the students. They take the time to know each student.

—Anita Denner, Director of Student Life and Administration

The community. There is a strong feeling of support for the Mustangs.

—Stephanie Boutrin, Mustang Daily

write a letter

Mustang Daily reserves the right to edit letters for grammar, propriety, and length. Letters, commentary and cartoons do not represent the views of the Mustang Daily. Please limit length to 250 words. Letters should include the author's full name, phone number, major and class standing. Letters must come from a Cal Poly e-mail account. Do not send letters as an attachment. Please send the text in the body of the e-mail.

By e-mail:
mustangdailyopinions@gmail.com

By mail:
Letter to the Editor
Lincoln Market
406 Broad St
San Luis Obispo, CA 93407

Lincoln
Market & Deli
Your friendly neighborhood place for tasty sandwiches!

AWESOME SANDWICHES with Infinite Possibilities, Hot & Cold
Build your own or try one of the fixer's specials:
Tassajara Delight, Lincoln Onion or Garden Veggie

GREAT BEER SELECTION
Locals, Imports & all the ones in between

AMAZING MARKET
From the Basics to the Specialty Items
ORDER ONLINE!
www.lincolnmarketanddeli.com

FREE
20oz Soda or 2oz Kettle Chips with your order
Not valid with any other offer

406 Broad St at Lincoln, San Luis Obispo — (805) 543-9443
President
continued from page 10

afford to have tuition consistently raised, especially when some students pay their own way through school.

"Whether it’s a money management issue that the president can directly control is (somewhat) irrelevant," Ashabi said. "Students need to feel like the new president is on their side ... fighting to keep costs down and working to find a solution."

Glidden also said the budget would be one of the toughest issues Armstrong will deal with during his presidency.

"Most of the budget problems are out of Armstrong’s control," Glidden said.

"My friends here have become like a second family to me."
— K.T. Nelson, liberal studies junior

"The attitude around campus."
— Ryan Veach, biological sciences senior

"It’s like a second home to you because you’re now living nine months out of the year, if not more. It’s the happiest place on earth."
— Camille Duckett, graphic communication junior

"The college town feel and how the community has respect for all the students."
— Paige Cumtilison, graphic communication freshman

---

Word on the Street
What about Cal Poly is special to you?

"I feel really lucky," Armstrong said. "I have not one, but three people to draw advice from: (former presidents) Warren Baker, Provost Koob and Dr. Glidden. Each person has served as president for a university before — they’ve sort of seen it all."

Armstrong said he plans to "keep things simple," be transparent and unafraid of admitting he does not know the answer because “that’s the only way to earn people’s trust."

"Everyone has (fairly) consistently given me the same advice: don’t make things overly complicated, and appreciate and enjoy the transition process."

Editors note: This story was originally published Feb. 1, 2011.

---

ONE YEAR LEASES STARTING —
July, August or September 2011

COLLEGE GARDEN APARTMENTS

Prices starting at:
1 Bedroom  $925.00
2 Bedrooms $1,165.00

One Year Leases Begin in July, August or September 2011!

- Single car garage for just $25 a month!
- Walk (5 min) to Cal Poly
- 2 Laundry room facilities onsite
- Water & trash included
- Cable & high speed internet included

Call Now!

35 North Chorro Street, San Luis Obispo, CA 93405
805-544-3952 • CentralCoastRentals.com
What's the best "Learn By Doing" experience you've had at Cal Poly?

"Preschool lab. You actually work with kids on campus; it's one-of-a-kind."
— Gabby Mooradian, child development sophomore

"Field botany was especially good because we were actually out there touching the plants rather than just looking at pictures."
— Corbin Volbert, biological sciences senior

"Tackled a class about literature for adolescents. I also went to a school in Arroyo Grande to observe the teaching that goes on."
— Samantha Aragon, English junior

"I've been working on projects in every class. My friends at other schools have way less projects."
— Shane Cyriac, biomedical engineering senior

"The introduction class I took of civil engineering brought me closer to my major and made me appreciate it more."
— Paul Fyiatexv, civil engineering senior

"My engineering labs in CPE 269 the professor was awesome and we made an 8-bit synthesizer."
— Cameron Nouri, electrical engineering junior

"I take a fire in my mom and it made more smoke than I thought it would. I learned by doing."
— Steve Furger, child development sophomore

"Being at the ASI center with kids and teaching them."
— Rebecca Glasson, child development sophomore

"Welding lab. It was fun and not something I ever saw myself doing."
— Daniel Fisher, mechanical engineering senior

"Field botany was especially good because we were actually out there touching the plants rather than just looking at pictures."
— Corbin Volbert, biological sciences senior

"Being at the ASI center with kids and teaching them."
— Rebecca Glasson, child development sophomore

"In all my labs and everything this quarter."
— Kayla Caballero, graphic communication freshman

"Zoology lab. We get to dissect different things we learn about."
— Marinelle Mascardo, biomedical engineering junior
open house

Did You Know?
Interesting facts about Cal Poly and San Luis Obispo

- Cal Poly is the largest landgrant university in the California State University system.
- The average high school GPA of a first-time freshman at Cal Poly is 3.84.
- Of 8,866 students who applied for Cal Poly's engineering program in Fall 2010, 2,943 were accepted.
- San Luis Obispo used to have a Chinatown on Palm Street that dated back to the 1870s.
- Cal Poly was originally founded as a vocational high school.
- For Fall 2010, nearly 41,000 students applied for approximately 4,000 spaces at Cal Poly.
- Three senior projects by Cal Poly students became famous: Copeland's Sporting Goods, Jamba Juice and Kinko's.

Did You Know?
Interesting facts about Cal Poly and San Luis Obispo

- Cal Poly is the largest landgrant university in the California State University system.
- The average high school GPA of a first-time freshman at Cal Poly is 3.84.
- Of 8,866 students who applied for Cal Poly's engineering program in Fall 2010, 2,943 were accepted.
- San Luis Obispo used to have a Chinatown on Palm Street that dated back to the 1870s.
- Cal Poly was originally founded as a vocational high school.
- For Fall 2010, nearly 41,000 students applied for approximately 4,000 spaces at Cal Poly.
- Three senior projects by Cal Poly students became famous: Copeland's Sporting Goods, Jamba Juice and Kinko's.

Open House, Saturday April 16, Philips Hall-Performing Arts Center, 11 a.m. - 12:15 p.m.
Facts

A Cal Poly professor conducted the research on petrified amber that the movie Jurassic Park is based on.

There are about 7,785 parking spaces on the Cal Poly campus.

In 2007 the Architecture department received an anonymous $60 million donation, the largest gift ever given to a CSU campus.

The “P” on the hillside overlooking the freshman dormitories originated from a rivalry with San Luis Obispo High School.

The Walter F. Dexter building was originally the university library until the Robert E. Kennedy Library opened in 1981.

Amelia Earhart had her airplane repaired at Cal Poly in 1936.

Famous Cal Poly graduates include Pro Football Hall of Fame member John Madden and musician “Weird Al” Yankovic.

Compiled by David Liebig, Lauren Scott and Jessica Tan

FAIRVIEW APARTMENTS

{ 1650 FAIRVIEW STREET }

Johnson Ave Location. closer to downtown, quiet complex.
Call for more information, 546.0377
www.FairviewSLO.com

TOWNHOMES

Balcony off living room and 1 bedroom

1 Bed / 1 Bath Studio
1 or 2 people, $750 / month

1 Bed / 1 Bath
1 or 2 people, $850 / month

2 Bed / 1 Bath
1 or 2 people, $1100 / month

2 Bed / 2 Bath Studio
1 or 2 people. $1250 / month
3 or 4 people, $1350 / month

2 Bed / 2.5 Bath
Includes 2 Balconies
1 or 2 people, $1250 / month
3 or 4 people, $1400 / month

SAN LUIS VILLAGE

{ 1205 FOOTHILL BLVD & 204 CALIFORNIA BLVD }

California and Foothill locations. closer to campus, quiet complex.
Call for more information, 544.9072
www.SanLuisVillage.com

1 Bed / 1 Bath Townhomes
1 or 2 people, $900 / month

2 Bed / 2 Bath Townhomes
1, 2 or 3 people. $1400 / month

ALL COMPLEXES HAVE:

Onsite Management
Onsite Laundry
Onsite Parking

UNITS:

Are Cable-Ready
Include Major Appliances
Include Water & Trash services
Double Pane Windows
Open House

Oberhelman named new AD

Brian De Los Santos
MUSTANGSNEWS@GMAIL.COM

The search is over. Donald Oberhelman, who was the senior associate athletic director at San Diego State, is set to succeed Alulis Cone and become Cal Poly's new director of athletics effective April 4. President Jeffrey Armstrong said in a press conference Monday. It marks the end of what has been a three-month-long search process, and Armstrong could not be happier to have Oberhelman as a Mustang.

"Don has a wealth of experience," Armstrong said. "He is a rising star and he is going to be a star with us for a long time ... this is our guy."

Prior to his position at San Diego State, where he started in Feb. 2007, Oberhelman was the senior associate athletic director at Southern Miss. Even before that, he was the education coordinator at Texas A&M from July 1998 to Feb. 2002 and a compliance assistant at Florida State for almost three years (Nov. 1995-July 1998).

Now, Oberhelman can add Cal Poly to his list of experience. "I am so delighted to be here," Oberhelman said. "The opportunity to apply for this job was just too good to pass up. I fell in love with Cal Poly in (my) time here and couldn't be more happy to be here."

It is the first time in Oberhelman's career he will be an athletics director. He served an interim athletics director for four months at San Diego State but that is the most experience he had in his career under that job title.

However, Oberhelman is ready for the challenge.

"For the first time in my career have seen an athletics director transition," Oberhelman said of San Diego State's recent switch. "And other than going through the interview process once before, that is probably the most educational thing I've had to go through."

Don has a wealth of experience.

He is a rising star and he is going to be a star with us for a long time ... this is our guy.

--- Jeffrey Armstrong
Cal Poly President
Freshman first baseman Jordan Brower spent five days in the hospital after being struck in the head with a baseball bat.

J.J. Jenkins

Freshman first baseman Jordan Brower's head might bear the scars of an injury from an accident, but this is not a story of pain and suffering. This is a story of recovery.

"The only time I cried in the hospital was because I didn't get to see any of my team," Brower said.

In Cal Poly's game against Missouri on Feb. 18, Brower was struck in the head with a baseball bat while standing in the dugout, hospitalizing him for five days — two spent in the intensive care unit (ICU).

Since then, Brower has been cleared to practice but not play. His full recovery will involve, at the least, a stoppage of internal bleeding in the brain, a headache-free week and a second concussion test. Although he appears to be two thirds of the way there, doctors said Brower is still a couple months from getting back on the field.

"Any time one of our guys goes down, especially in a scary situation, we're going to try and rally around him," junior shortstop Mike Miller said. "He's just done a great job coming back. When something like that happens you're concerned, not even as a baseball player, but just a person. That could have changed his life completely."

From the first moments after the injury, the team made a conscious effort to aid his recovery by any means, that is what meant most to Brower, even if he cannot remember it.

see Brower, page 19

WINEMAN'S RESIDENCES

OLD WORLD CHARM IN THE HEART OF DOWNTOWN

FOR LEASE

REMODELED STUDIOS!

BEAUTIFUL REMODELED STUDIOS INCLUDE:
- Resident manager on premises
- All energy efficient units w/ built-in microwaves
- Original hardwood floors throughout
- On-site laundry facilities on each floor
- Private terrace with BBQ
- All units Cable TV / Internet Ready
- Remote controlled heating/AC in each unit
- Intramural access building for security of our residents
- Full or partially furnished units available
- Short term corporate business rentals
- Units are ideal for live-work in the heart of downtown
- A few adjoining units left if more space is desired

WINEMAN'S RESIDENCES LEASING OFFICE
849 Higuera Street, San Luis Obispo, CA 93401
Phone (805) 783–2708 Fax (805) 783–2721
Come Dine with Us!
Cal Poly Restaurants & Markets

STOCK UP ON CAL POLY PRODUCTS AT THE CAMPUS AND VILLAGE MARKETS!
Chocolates, Cheeses, Jams, and More!

EXPLORE POLY CANYON VILLAGE!
Visit the beautiful Village and have a meal at your favorite restaurants like Jamba Juice this weekend!

Campus Dining at the Resource Fair!
Friday, 9am–1pm, in the lower UU Pizza (next to the ATM). Learn about dining plans, food venues, and more!

Dining Plan Presentations
Between Sandwich Factory and 19 Metro station.
9:30am / 10:30am / 11:30am

Hours during Open House

Hours during Open House

www.calpolydining.com / 805.756.5939
Reed Reilly, a freshman pitcher and Brower's roommate, was away when the incident occurred. He said he received text messages from Brower's brother that appeared to indicate that Brower was in serious condition. So, as a friend and teammate, on his way back to San Luis Obispo, Reilly stopped by the hospital and sat at Brower's bedside to keep him company for five hours.

Brower would wake up briefly and talk to Reilly for a few fleeting moments then settle back into his pillow before awakening again to ask the same questions and give the same responses. "I tried to keep it as mellow as possible," Reilly said. "So we talked about school and baseball ... It was really repetitive."

After a few days Brower had recovered enough to be released from the hospital and taken to his home in Newbury Park, Calif. where he remained for nearly three weeks.

Almost every day, Brower would Skype or text a teammate from San Luis Obispo as they checked on his progress, like any family would. A bond that head coach Larry Lee has been impressed with this year.

"We've had a really good culture in our team the last few years," Lee said. "We're very tight-knit and it's important. They enjoy being around each other, so that part of the equation has been good."

And that equation has added up to a steadily recovering Brower, who attributes his success in overcoming a fractured skull and nagging headaches to his team.

However, upon returning to Cal Poly, Brower was hit by the reality that comes with being a student-athlete. Finals week was approaching and Brower's professors were only somewhat receptive to his pleas for more time. One professor, he said, based his grade 100 percent on the final exam and his solution to Brower's missed time was to find more people to study with.

So Brower did just that, and earned a solid B after missing more than 30 percent of class. Another professor gave Brower an additional three weeks into spring quarter to finish a final essay in what he saw as a just extension.

Yet it's not just classes that Brower is back in just six weeks after the accident; he is back on the baseball diamond in a limited role.

"Right when I got back, I had to wear a helmet in the dugout, when I played catch, when I hit," Brower said. "(The doctors) were really cautious."

Recently he's shed the helmet, except for when batting, and the team has seen his desire to return to life as usual on the field.

"It's been one of those things where he's been trying to get back and the doctors keep telling him, 'Gotta slow down, gotta slow down,'" Miller said.

But with a summer-time clearance coming up for Brower, he's ready to play ball in Oregon and get back to his normal, baseball-filled life. Gone are the fears that gripped the players in the immediate aftermath, replaced with a feeling that all will be better soon.

"It could have been a very tragic story," Miller said. "But the way it's working out now, it's going to be a positive recovery, and he's going to get a chance to come back out and play the game he loves."

Editor's note: This article was originally published April 6, 2011.

When something like that happens, you're concerned, not even as a baseball player but as a person. That could have changed his life forever.

— Mike Miller
Jordan Brower's teammate
Top 10 Places To Visit On Campus

1. Football Stadium & 1960 Memorial
2. Mustang Daily
3. Christopher Cohan Performing Arts Center
4. Poly Plant Shop
5. El Corral Bookstore
6. Campus Market
7. Architecture Graveyard
8. University Union
9. Rose Garden
10. Art & Design Gallery

Where To Eat

What To Do

Pick a beach
- Pismo
- Avila
- Shell

Downtown SLO
- Shop
- Farmers' Explore Market (Thurs)

Hike
- Bishop's Peak
- Poly P
- Cerro San Luis Obispo

Visit historic places
- Hearst Castle
- Jack House
- Mission San Luis Obispo de Tolosa

Have a night out
- Downtown SLO Bars
- Avila Hot Springs
- Sunset Drive-In

*Featured in Mustang Daily's "Bucket List"
Learn By Doing at its finest

While many hear of Learn By Doing — Cal Poly's educational philosophy — even before being accepted to the university, it has most likely taken on a different meaning with each class and lab attended. The university's long-standing tradition of hands-on teaching standards gives every student the opportunity to not only learn in the classroom, but also to apply what they learn in real-life settings.

Almost every class is designed to be applicable to the real world, even general education courses. This style of learning distinguishes Cal Poly students as jacks-of-all-trades, as well as experts in their own fields of study. There is no need to choose between being an event planner, wine connoisseur, cow milker, biologist, architect or actor — Cal Poly students can do it all.

Becca Cudzdon
nutrition senior

"(Learn By Doing) is applied in our cooking/food science labs where we design meal plans and develop recipes on a budget and for specific diets."

Alex Kemp
wine and viticulture junior

"With Cal Poly's Learn By Doing philosophy I get to take wine and viticulture classes. All the classes are hands-on. I feel the department does a great job; you get most of the experience you need through the school."

Rosa Brands
biological sciences senior

"I really enjoy the classes. It's exciting to use real research material. It's a hands-on approach that leads you to continue working."

Nick Wold
architecture freshman

"Architecture is perhaps one of the greatest examples for Learn By Doing. We build life-size models in our first year; an experience similar would be hard to find in another university."

Alexia Carnegie
management junior

"It's hands-on and real and it's exciting rather than sitting in a boring class. Also, you get to learn a lot of different things and it's really fun too."
Diversity statistics missing from Cal Poly 'Quick Facts'

Erin Hurley
mustangdailywp@calpoly.com

Every university website has one—a page where prospective students can find information on the school, such as statistics on the student body, at the school. Information on the ratio of teachers to students, classroom size, and tuition are all facts advertised to potential students.

One piece of information many schools make a point to emphasize is the ethnic make-up of the student body.

Cal Poly’s website has a link under the Prospective Students Web page that takes the reader to another page called "Quick Facts." This Web page includes facts and statistics about Cal Poly that gives prospective students an idea of the environment they will be a part of at the university, such as the school philosophy, the number of faculty members and the number of current students in each college.

However, this "Quick Facts" page does not include any information about the ethnic breakdown of the student body.

Instead, the page offers a link under the "Student Body" heading that directs the reader to another part of the Cal Poly website—the Office of Institutional Planning & Analysis (IP & A), which compiles annual reports on the student body each fall, including ethnic origin. The reader must read through these annual Poly View reports and Fact Books to see the ethnic breakdown of the school and each college.

Renoda Campbell, Multicultural Center Coordinator, said she thinks Cal Poly’s ethnic breakdown is not on the "Quick Facts" page because the school’s low diversity is not very flattering.

"The school wants to portray its best qualities to prospective students and our diversity numbers are lower than most CSUs," Campbell said.

"They feel that other information is more important to feature."

Campbell said almost all the students she speaks with said they were surprised at the lack of diversity they found at Cal Poly when they arrived.

In preparing Cal Poly’s "Quick Facts" Web page, the public affairs staff considers what information is most sought after by prospective students, who may be comparing several colleges. Sucha Momburg is the public affairs team leader, said decisions about what to put on the "Quick Facts" page depend on how much space is available and the audience who is most likely to look at the page.

Momburg said the Poly View reports and Fact Books are too long to publish on the "Quick Facts" page.

"The school wants to portray its best qualities to prospective students and our diversity numbers are lower than most CSUs," Momburg said. "If prospective students are interested in diversity information, they’d rather look at their specific colleges."

According to Momburg, the purpose of the website’s "Quick Facts" page is to act as a one-stop shop for a general overview of the school.

"Potential faculty and staff are more likely to look at the "Quick Facts" page than potential students," Momburg said. "If prospective students are interested in diversity information, they’d rather look at their specific colleges."

In a random survey of 100 Cal Poly students, 91 said they did not look for information about the ethnic breakdown of the student body while researching Cal Poly’s website as a prospective student.

"The school wants to portray its best qualities to prospective students and our diversity numbers are lower than most CSUs."

— Renoda Campbell
Multicultural Center Coordinator
Diversity

continued from page 22

ly’s “Quick Facts” page with similar school information for prospective students. However, many of these pages include a graph or direct link to the university’s ethnic breakdown.

University of California, Santa Barbara’s website has a page titled “Our Campus” linked to the university’s homepage, which has a link to a page titled “UCSB Portrait” where students can find statistics on the school and view the student body’s ethnic breakdown in the “UCSB Portrait” report. This portrait includes a graph of the school’s ethnicity directly on the page alongside university statistics like the ones found on Cal Poly’s “Quick Facts” page.

Officials said the university’s ethnic breakdown is on the school’s website because the university wants to encourage diversity in the student body. Chris Van Gieson, UCSB’s director of admissions, said the information is what prospective students want to see.

“We feel that people are interested in this kind of information and the school is a public institution, so we try to respond if we hear repeatedly that some piece of information is hard to find,” Van Gieson said.

California State University, Sacramento’s homepage has a menu under “Future Students” with a link to a website titled College Portraits, which publishes “Student Characteristics” with a graph of the ethnic breakdown of the student body. The College Portraits website provides the same information on more than 500 public universities across the country, including the CSUs.

“Our primary audience is prospective students, and that drives the information we think is important,” CSU Sacramento Publications Director Ryan Chin said. “We are proud of our diversity, and it’s part of the package that we present.”

California’s other polytechnic university, Cal Poly Pomona, uses the same College Portraits website. Cal Poly, San Luis Obispo has ethnicity information listed in this system, but the university’s "Quick Facts" webpage does not include a link through to this site.

Momburg said she was not sure whether public affairs was aware of the website or if the decision was made to direct website readers to Cal Poly’s "IPQA" page instead.

Interim Cal Poly President Robert Glidden said students interested in a university like Cal Poly are probably more focused on the discipline they plan to follow, but also said that greater diversity should be just as important.

“When you compare the school to other CSUs, we don’t look so good, but many of them are in more metropolitan areas,” Glidden said. “I doubt that anyone’s trying to hide the information, but with a website you do have to think about not presenting too much information at once.”

Editors note: This article was originally published Oct. 7, 2010.
Fight the freshman 15—tips for keeping a healthy diet in the dorms

Heather Rockwood is a food science junior and Mustang Daily food columnist.

As a PolyRep, I am privileged to have the opportunity to show students and parents around Cal Poly's campus. I am asked a myriad of questions, and presented with many myths regarding college life that I must debunk. One of the largest misconceptions all visitors have is that it is impossible to eat healthy while living in the dorms and dining on campus.

As a matter of fact, that is a misconception held widely by many students on campus, along with the complaint that it is too difficult and unhealthy and notorious for frequent trips to a local grocery and eateries all take Plu$ Dollars, so you won't need to travel to a local grocery store or spend any extra money to fill up the fruit basket.

The key here is to switch things up to keep from boring your taste buds and getting burnt out. If one week you only grab apples, oranges, carrots and celery from The Avenue, next week try mangos, kiwis, edamame and sweet peas from Campus Market. If you still want more variety, you could even add some canned soups low in sodium and rich in other nutrients such as Amy's Soup. You could even add some brown rice (left over from 19 Metro Station the night before).

One key to healthy eating is knowing what it is you are eating. If you make your own food, you know what goes into it and have the ability to keep certain health goals in mind. The trouble in college is many students do not think they will have the time or possess the skills to prepare their own snacks and meals, so they tend to purchase already prepared food. Don't shy away from cooking only because you think you don't have the means. Look to the best college tool for cooking—the microwave: it is quick, easy and conveniently found right in the dorms. There are cookbooks dedicated to cooking with only microwaves, which can serve as a thoughtful and useful housewarming gift for your new roommate. Sweet potatoes, once seen on the menu at freshman 15, page 26
COME SEE WHY WE WERE VOTED
#1 BEST BOOKSTORE

BEST CAL POLY SPIRIT SHOP
“GO GREEN” CAL POLY SPIRIT CLOTHING. CLOTHING, GIFTS, AND ACCESSORIES FOR MEN, WOMEN, KIDS, ALUMNI, PARENTS, AND RELATIVES.

BEST GIFT SHOP “EL BOUTIQUE” GREETING CARDS, JEWELRY, TOYS, STUFFED ANIMALS, SEASONAL GIFTS, ROXY, HATS AND MORE!

BEST TECH CENTER EDUCATIONAL Discounts ON APPLE COMPUTERS, IPOD AND IPAD ACCESSORIES, MICE, KEYBOARDS, LAPTOP BAGS, SOFTWARE AND SO MUCH MORE!

BEST STUDENT SUPPLIES ART SUPPLIES, TEST MATERIALS, ARCHITECTURE & ENGINEERING PROJECT SUPPLIES, PAPER, PENS, PENCILS, STUDENT NOTEBOOKS, EXERCISE GEAR, HEAD PHONES AND MORE!

BEST COURSEWARE DEPARTMENT ALL REQUIRED AND RECOMMENDED TEXTBOOKS AND COURSEWARE. • TEXTBOOK RESERVATION • TEXTBOOK RENTALS • HIGHEST BUYBACK • at multiple locations

Like us on Facebook
College is about stepping out and learning to live on your own. It is nice to get some guidance and help, but if I give you all the answers to what and where to eat on campus it becomes more like rules, and let’s face it, rules just tempt us to break them. So explore and own your healthy eating habits here at Cal Poly, and remember this last piece of advice.

When looking at all the food options here on campus, look at them as if they were puzzle pieces, not already set in stone. If you look at each food individually, you can mix and match the pieces each day to create a plethora of variety and flavor. The steamed veggies at Vista Grande do not have to be just a side to the turkey; they can be taken back to the dorm and added to pasta to create a pasta salad for tomorrow’s lunch. The beans at the salad bar don’t have to go into a salad; you could put some cheese on them, pop them into the microwave and dip chips into them for a late night study snack. The sliced ham served at 19 Metro Station for dinner can be used the next morning for an omelet.

Like I said, the possibilities are endless — college living does not discourage healthy eating; it presents an opportunity for you to challenge yourself and piece together your own style of healthy eating.

Editor's note: This article was originally published March 10, 2011.

Freshman 15 continues from page 24

baked potatoes, artichokes and many other veggies can be quickly prepared by being placed in the microwave. Oatmeal, millet and couscous are all grains that can also be quickly cooked with ease in the microwave. So, all those recipes you thought were once restricted to a kitchen can now be explored through use of the microwave. Even omelets can be created in the microwave — the possibilities are endless.

Although there are many other tips with keeping health in mind and striving for satisfying food on campus, I will present just one more.

Although the College of Science and Health’s Open House is over, students can still enjoy some great deals on healthy food throughout the school year.

Although the College of Science and Health’s Open House is over, students can still enjoy some great deals on healthy food throughout the school year.

The open house, which took place last weekend, featured a number of free samples and demonstrations.

The open house, which took place last weekend, featured a number of free samples and demonstrations.

The Cal Poly Recreation Center will be closed for approximately seven months starting in June, said Rick Johnson, executive director of Associated Students Inc. (ASI) at the ASI Board of Directors meeting Feb. 23. The current University Union fee of $133.13 will remain intact despite the gym being closed.

Johnson said the Recreation Center closure will take place immediately following the spring commencement ceremonies and will remain closed throughout the Summer and Fall 2011 Quarters.

Director of ASI programs Marcy Malone said this is a mandatory step toward finishing the Recreation Center construction, which is slated to be completed in December.

"We were able to make it a fitness area for as long as possible," Malone said. "We know at some point the contractors would need it back.

In contradiction to Malone's statement, when the students voted on the two-year-long expansion in February 2008, it was initially thought the Recreation Center would remain open. In fact, one of the top 10 reasons argued to support the referendum was that, "The Recreation Center will remain open during construction, although the entrance may change and some components will be offline during the expansion," according to ASI Recreation Center Expansion FAQ's Web page.

Business administration junior Kaitlyn Dondero said fall quarter will be the worst difficult time for the Recreation Center, said the university Union fee will remain the fee system.

"The Recreation Center will remain open during construction, although the entrance may change and some components will be offline during the expansion," according to ASI Recreation Center Expansion FAQ’s Web page.

Business administration junior Kaitlyn Dondero said fall quarter will be the worst difficult time for the Recreation Center, said the university Union fee will remain the fee system.

This money is part of a fiscal package and getting the expansion done, Malone said. "This is the most minimal impact since the beginning.

The great news is that it looks like the project is on time and it's the last final push," Director of ASI programs Marcy Malone said about the construction date. "This will be the most minimal impact since the beginning.

During the closure period the facility serving as the temporary gym will undergo necessary renovations. Malone said it took two to three months to convert that facility into the temporary gym. However, the renovation process is expected to take an additional three months because of renovations. The main floors will be taken out and additional floor, roof and paint work will be done to reconstruct that facility into basketball courts and a weightlifting area — what the area was before construction started.

Lori Torbitt, chair of the University Union Advisory Board said closing the Recreation Center is necessary to get the construction done on time and correctly. Once it became known that the contractors would need the entire facility to finish construction, the University Union Advisory Board tried to have it take place only during summer, she said.

"It's unfortunate that (the Recreation Center will close), particularly during fall quarter because during summer impact will be pretty low, we have to hand it off to the contractors so by January we have the facility," Torbitt said. "Up to this point, we've done the best we can to keep it open as much as possible.

Chris Murphy, a civil engineering junior, said since the Recreation Center will be closed Cal Poly should offer students alternatives for working out.

"Cal Poly should relocate equipment for us to workout somewhere else on campus," Murphy said.

Another concern among students is the $5 increase to the University Union fee beginning once the new facility opens. Torbitt said the University Union Advisory Board has done its best not to implement the fee so far.

Malone said the current University Union fee will remain because it is a part of the fee system.

"This money is part of a fiscal package and getting the expansion done," Malone said. "The fee is the fee.

Vince Bemis, a biomedical engineering junior who regularly works out at the Recreation Center, said the university is not doing its best to inform

The current University Union fee of $133.13 will remain because it is a part of the fee system.

"This money is part of a fiscal package and getting the expansion done," Malone said. "The fee is the fee.

Vince Bemis, a biomedical engineering junior who regularly works out at the Recreation Center, said the university is not doing its best to inform
When Randy Fischback told his sister he was traveling to watch his son Steven Fischback pitch against Missouri, she broke down in tears. After an injury halted Fischback’s MLB-geared career close to three years ago, she never thought this day would come. And at times, Fischback didn’t either.

“I remember just kind of throwing in the bullpen, my arm just acting up, throwing 81 and just thinking, ‘Wow, when am I going to have to call it quits?’” Fischback said. “I wasn’t going to do it until I either hurt myself again or the coach told me I wasn’t going to play. There were definitely times where I thought both those situations might arise.”

After his sophomore season, Fischback tore the labrum in his right shoulder playing catch — sending what was a career that looked to be steamrolling toward the major leagues in a downward spiral of pain and rehabilitation. One twist of the shoulder benched Fischback for 113 games and left him unable to return to the game he loved for close to three years.

“No one can predict an injury, and when you are the parent of a pitcher, in terms of pitching, that is your worst nightmare,” Randy said. “You quickly start hearing about other people’s success stories, and then you hear the horror stories. It was a real mixed bag, and after the injury, we just didn’t know what to think.”

But after three years of hard-fought rehab, Fischback’s back. He went 4 1/3 innings and allowed four earned runs to Missouri in his first game back with the Mustangs since May 25, 2008. On Feb. 27, he went five innings and gave up three earned runs against Oklahoma State.

It’s hardly the picture perfect return he imagined, but following the blur of bullpen sessions and grueling exercises, even a few blemishes on the stat sheet could knock the smile off Fischback’s face. After all, he has come a long way just to get to this point.
Rec Center

**continued from page 26**

students whenever changes occur with Recreation Center construction.

"(ASI) hasn't done it good of a job as possible to communicate with the students about updates and a timeline," Benvin said.

He said this is important because at any other gym members would not be forced to pay when they do not have access to facilities.

"They shouldn't allow the fees to be implemented if we can't have access to the gym for essentially half a year," Benvin said. "This is definitely unfair since were paying for the Recreation Center to be built."

But not all students feel the same.

Marty Moriates, an industrial engineering junior, said he focuses on the other facilities the fees still pay for on campus.

"The way I see it is that the Recreation Center incorporates a lot more than just the gym, like intramurals and the sports complex," he said.

Even so, Murphy said if Cal Poly is not willing to relocate fitness equipment, the university should find another alternative for students.

"Since the fees aren't being reduced, (Cal Poly) should provide us with off-campus gym memberships," Murphy said.

Even though students are still required to pay this fee, local gyms might see an increase in membership from students willing to pay additional money for gym access.

Copy editor Margaret Pack contributed to this article.

Editor's note: This article was originally published Feb. 28, 2011.
Fischback continued from page 27

saw, I don't think I am going to throw again.”

Serviceable

Randy recalls one specific conversation he had with Fischback, word for word.

Close to the 12-month deadline his doctor had set for him, his arm still felt sore. His fastball still registered in the low 80s and — at this point — a return to collegiate dominance looked far out of the picture.

"Dad, I would just love to get back out on the mound and just be serviceable," Randy recalls his son telling him. "I would like to get back to the team and just give them some serviceable innings. If I pitched the 6th and 7th inning in a few games it would just be so fun to get out there again."

Fischback knew the history. Arm surgeries for pitchers pretty much act like brick walls. You either pick up enough steam to get past it, or you simply never do. Not even MLB stars like Mark Prior and Jason Schmidt could work hard enough to revive their careers after arm injuries.

But digit by digit on the radar gun, Fischback aimed for a comeback.

"He went through weeks and months at a time where things didn’t get better and we had to shut him down and reevaluate his throwing program," head coach Larry Lee said.

"He got to a certain point where progress was very slow and limited."

And despite setback after set­back, Fischback kept to it. Velocity remains the hardest thing to regain. Before the injury, Fischback would consistently clock a low 90s per hour fastball. During his recovery, he would sit in the bullpen and — at best — scapse 81.

Two years later, after countless hours in the bullpen, Fischback is back to an 86 to 89 mile per hour fast­ball, almost 10 miles per hour better than what he was throwing in the fall.

"He has worked really hard and has been rehabbing," pitcher Kyle Anderson said. "He is definitely putting in the work and it is his time now, he deserves it."

Don’t call it a comeback

Pitching hasn’t been Cal Poly’s strong suit in recent seasons.

With a staff ERA of 6.75, Cal Poly struggled to a 23-32 record last year. Injuries plagued the Mustangs on the mound, and with relievers filling in for starters, it was hard for Cal Poly to find success. With Fischback now healthy, some of his teammates are hoping they can turn that number around. The better Fischback can do, the better the team will do, Anderson said.

"I think those will correlate pretty strongly," Anderson said. "If he pitches real well, like I know he can, I feel like we can go a long way."

If Fischback does return to the pitcher he used to be, Lee will have a new weapon to work with. With Mason Radeke starting on Fridays, Fischback is expected to pitch Saturdays and provide a 1-2 punch Cal Poly hasn’t had for years.

"He is a key component of having a good weekend starting rotation," Lee said. "We’re hoping that as the season progresses, he gets better with each outing. He’ll be a big part of our success, so we hope that he can get back to where he used to be."

After what seemed to be an im­probable comeback to the field this season, Fischback is certainly on that path. Against Missouri, Fischback re­corded nine straight batters and posted three straight scoreless innings. He then went on to shutout Oklahoma State in three innings after giving up three runs in the first on Feb. 27.

"I think as the season goes on, there is no reason he can’t get back to what he was doing on the mound as a sophomore," Anderson said.

Still, after a comeback where Fis­chback showed everybody the things he can do, there are still things he can’t. But amidst all the negatives, Fischback sees positives. In the pro­cess of picking up the pieces of a shattered MLB dream, baseball has become less stressful. There are no more scouts to impress, and no more pay­stubs to pad.

"Baseball has become a lot more fun," Fischback said. "I don’t view it as a future career anymore. I would welcome being drafted after this year, but it has become a lot more about just enjoying my last year and leaving everything on the table."

And for Fischback, that satisfac­tion is worth millions.

The Mustang Daily / www.mustangdaily.net
Salary
continued from page 29

$400,000 compensation package. Toward the end of his presidency, Baker lived in a house off campus and in addition to his flat salary of $328,000 and a $12,000 car allowance, he also received $60,000 a year in a housing allowance.

"So by living in the house not only is Armstrong closer to the students and the campus community, but we are also in turn having salary savings by (Armstrong) choosing to live in the house," Momburg said. "So by doing that, we are also benefiting."

However, Momburg and Larry Kelley, vice president for Administration and Finance said the additional $30,000 does not come from the state and does not have a financial impact on students. The additional funds come from an unrestricted section of the Cal Poly Foundation through private donations that are available for the benefit of the university.

"There's always a rule on money that we get, but the difference between restricted and unrestricted would be if the donor had restricted the money to go to biology, for example, then that would go to biology only," Kelley said. "If the donor gave money in an unrestricted manner then that money can go to the benefit of the university. In other words, they're not tagged for any specific program."

The additional money was approved by CSU Chancellor Charles B. Reed in an effort to keep the salaries of the 23 CSU presidents on roughly the same level. When asked why there is such a difference in salary scales between the presidents, Mike Uhlenkamp, a spokesperson for the university, said the Board of Trustees and the Chancellor determine the "value" of the position based upon the operating budget of the university, the size of the university, the cost of living in the area, student enrollment and the level of experience a candidate brings to the position.

"The idea is that they're trying to keep the salaries within the same level or roughly within the same ballpark as the other presidents," Uhlenkamp said. "The board and the Chancellor determined what was going to be the value for this position. The Board of Trustees and the Chancellor determined that President Armstrong would successfully carry on the work that President Baker did and it was determined that this would be the salary for this position."

Despite the Chancellor's decision to offer Armstrong a sum not tied to the state's budget, not everyone is pleased with what Armstrong is receiving. Computer engineering junior Slava Markeyev said although he assumes the role of president is exhausting, he does not think the salary of the president is entirely fair.

"If he does well, and we'll find out in a year's time, I wouldn't say it's unfair, but I don't know how much work it actually is," Markeyev said. "At the same time, with budget cuts, he needs to be hurting because the rest of the university is hurting too."

But even with the current budget problems facing the CSU system, Associated Students Inc. President Sarah Storelli said Armstrong is deserving of the salary and cares about the university. Storelli, who had no part in the final decision of Armstrong's wages, said the amount is fair and because some deans make the same amount, it could have been higher. She was also unsurprised by the $30,000 offered by the Cal Poly Foundation.

"The board was willing to get someone with stellar quality so they were prepared to offer that amount," Storelli said. "They are the university president so they're always traveling or dealing with the university, whether that's dealing with faculty or dealing with students or the dean. It's not just a showboating position."

In addition to housing and a $392,000 yearly compensation package, Armstrong receives additional benefits related to his relocation to California (including storage fees of his belongings until he can move into the University House), any expenses contracted from the selling of his house in Michigan and reimbursement related to "travel and relocation expenses." Uhlenkamp said the final cost of these expenses will be looked over and approved or rejected by the Chancellor at a later date.

Nikol Schiller contributed to this article.

---

By living in the house not only is Armstrong closer to the students and the campus community, but we are also in turn having salary savings.

--- Stacia Momburg
Public affairs news editor

COME JOIN US FOR
Friendship, Food, Faith Questions and Fun!

College Age Ministry
every Sunday at 5:50 pm

WESLEY FELLOWSHIP
sturner.wesley@gmail.com | 1515 Frederick St.
How to become a Mustang
Freshman shares advice for prospective students

J.J. Jenkins is a journalism freshman and Mustang Daily freshman columnist.

What a difference a year makes. Approximately one year ago, most college freshmen were in the midst of senioritis when they received Cal Poly's acceptance letter.

After the less than satisfactory application process, we were just glad to see our status pending because it meant Cal Poly had received our papers. Mercifully, the day came when the status changed and, after a quick celebration session, we notified our parents whose dreams of us being turned down, thus saving thousands of dollars, came crashing down upon them.

Whether or not Cal Poly was your top school or your backup, for some reason or another you chose to come to San Luis Obispo, committing four (who am I kidding, five) years of your life to this college.

The last two months of high school were a complete pain in the ass. We begged teachers to let us get on with our lives and sat through too long graduation sessions (Was that acoustic Jay-Z cover by the girl going to Julliard really necessary?) before finally holding our tickets to Cal Poly.

In this year of growth, we, of course, grew infinitely wiser, and I believe it is now my duty to speak to any current high school senior creep­ing on the Mustang Daily website or leafing through the paper on their too long campus tour.

My first piece of advice is to avoid the addiction of College Confidential and similar sites. I assure you, as much as the alumni from 1954 or that mom who posts 100 times a day daim to know, they're not current freshmen and not the typical student because upperclassmen tend to occupy a different social sphere off-campus. The 18,000 (or whatever they say it is now) undergraduates end up feeling 6,000 to 8,000, not exactly a small liberal arts college but certainly not the typical state school.

I can rarely walk to campus or grab food without running into at least two people I know. Before I melded into my current friend group, I went to 19 Metro Station alone for dinner a few times expecting to sit in silence, but each time I found groups of people that eagerly welcomed me to sit with them.

But now to the juicy part. The social scene at Cal Poly is both more and less intense than I previously imagined. If you like to party, there are people who will make up stupid alliterations involving the day of the week (i.e. Thirsty Thursday) to give credence to a desire to loosen up.

Although noise ordinances pain me at the end of the spectrum, you will be pleased with your choice of Cal Poly.

In the meantime, get back to work declining those other colleges, send out those graduation notices to rake in the cash (you will need it once you get to San Luis Obispo).

But now to the juicy part. The social scene at Cal Poly is both more and less intense than I previously imagined. If you like to party, there are people who will make up stupid alliterations involving the day of the week (i.e. Thirsty Thursday) to give credence to a desire to loosen up.

Although noise ordinances pain me at the end of the spectrum, you will be pleased with your choice of Cal Poly.

In the meantime, get back to work declining those other colleges, send out those graduation notices to rake in the cash (you will need it once you get to San Luis Obispo).

By finding good friends on either end of the spectrum, you will be pleased with your choice of Cal Poly.

In the meantime, get back to work declining those other colleges, send out those graduation notices to rake in the cash (you will need it once you get to San Luis Obispo).
MUSTANG VILLAGE

"Getting through college is tough...
Finding the right apartment is easy."

- WALKING TRAIL TO CAMPUS
- LOADED WITH AMENITIES
- DESIGNED WITH YOU IN MIND
- NEW ON-SITE CAFÉ!

With rent starting at just $359/month, we’re priced to fit your budget!

With 11 different floor plans to choose from, we’re sure to have something for you!

1 MUSTANG DRIVE, SAN LUIS OBISPO, CA 93405
P: (805) 788-2500 | WWW.MUSTANGVILLAGE.COM | MUSTANG@UNIVHOUSING.COM
Also on Facebook.com/MustangVillageApartments

FREE PARKING PASS
2011-12
(a $390 value)
April 15-17 Only!
Sprinkles, cereal or bacon?
SLO Donut Co. rolls onto the SLO doughnut scene

Catherine Borgeson
catherineborgeson.md@gmail.com

Husband and wife team Jacob and Jessie Pickering saw a need in San Luis Obispo for a place where students and community members could relax, study and eat doughnuts.

They met the need by opening SLO Donut Co on the Foodhill Plaza in September.

"My wife and I have always talked about doing a doughnut shop because we both enjoy doughnuts and coffee," owner Jacob said. "We wanted to be where someone can hang out, eat coffee and doughnuts all the time."

To make "hanging" easier, the Pickerrings kept in mind what students have and what they need. They designed the store to house large tables with plenty of space to spread out books and laptops. Four outlets at every table supply enough power to charge all the electronic devices students accumulate.

The shop is open 24 hours with free Wi-Fi. There is even a library where customers can borrow books and take them home, provided they replace it with a book of their own for others to read.

Jacob is also a general contractor. He recycled the lumber from a summer housing project he worked on to construct the base of the counter, the back of the benches and the column in the corner of the shop. He also built all the tables and furniture.

Before opening the store, the Pickerrings went around to other doughnut shops to figure out what they liked and didn't like.

"I have a lot of pet peeves when it comes to doughnut shops," Jacob said. "So one day, instead of going wine tasting, we went doughnut tasting to point out exactly what they all are."

These pet peeves include cleanliness and how all doughnut shops seem stuck in the '90s, Jacob said.

Doughnut shops run in the family. Jessie grew up around doughnuts. Her family owns different doughnut shops in locales ranging from Michigan to Texas to Los Angeles.

"I told myself I would never own a doughnut store," Jessie said. "But I am really happy now."

The doughnut shop has been open for approximately seven months and business has been good. Any given night the tables are filled with students studying. On Saturday and Sunday mornings there is a line out the door for their doughnuts, Jacob said.

"I am not a doughnut baker, but I am a doughnut eater," Jacob said. "I try to think of what fellow doughnut eaters would enjoy. I have the space to do whatever I want, the possibilities are endless."

"Jacob said such thoughts include "If I was stoned, what would look good to me?" And thus the cereal doughnut was created. Whether it's the flavor or packaging or even just the bright colors, it sells out by 11 p.m. on Fridays and Saturdays, he said.

While the cereal doughnut appeals to munchie-sufferers, the store's best-selling doughnut is the maple bacon doughnut.

Community member Robert Gorman has been going to SLO Donut Co. for his coffee and doughnut fix ever since Starbucks got his girlfriend's coffee order wrong three times in a row. He said the maple bacon doughnut is his favorite.

"Maple bacon doughnuts rock," Gorman said. "Bacon is one of the few meats that go well with sugar and everyone loves maple bacon, so a maple bacon doughnut is a logical step."

As far as Gorman's overall experience at SLO Donut Co., he has been impressed.

"I have faith in the owners," Gorman said. "They've been really accommodating. I came by the other day and they were fresh out of maple bacon doughnuts; they weren't planning on making another batch for another couple of days, but they went out of their way to make one just for me."

A maple bacon doughnut was created.

"Sprinkles, cereal or bacon? SLO Donut Co. hit the San Luis Obispo doughnut scene in September, bringing innovative, nontraditional flavors, including cereal."
Josh Grip goes to SLO Donut Co. and wants to "create your own doughnut" bar (inspired by Sunshine Donuts). He ended up getting the doughnut he ordered and sprinkled bacon on it. Grip said SLO Donut Co. will be a "create your own doughnut" bar.

Mechanical engineering senior Josh Grip goes to SLO Donut Co. to study and enjoys the "create your own doughnut" bar. "It's cool you can dress up your doughnuts like fro-yo," Grip said. "I think SLO Do Co. is pretty sick. It has a good atmosphere and cheap prices. And the location is huge — it's close enough for freshmen who don't have cars and close enough to the party scene on the weekends," Grip said. SLO Donut Co. will out-compete the existing doughnut shops in the area.

In my opinion, Sunshine is going to tank," he said. "I think by December 2011 it will be closed." But Sovath Isebrands, owner of Sunshine Donuts for the past 17 years, does not seem to think so. "I don't see a difference in business," Isebrands said. "Sunshine has been here for so many years — all the customers are still coming and are still happy."

To reach out to the students, SLO Donut Co. is on Facebook and has more than 1,700 likes. In early October, SLO Donut Co. had an impromptu contest via Facebook with a status that read: "Michelle is working right now — come check out her witch costume!" Another status followed, reading: "CONTEST — the first three people in the next hour that come in and sing a rap about Michelle's witch costume gets a free doughnut of choice!" Within 20 minutes the "Three Amigos" came in and rapped to the tune of Eminem's "Lose Yourself" with lyrics that included: "If you had one doughnut, one hat and a kid at the front door, would you scare him?"

I was blown away by the quick turnaround of the contest," Jacob said.

Since their opening, SLO Donut Co. has had regular contests, as well as live music shows. "It's just want to be a cool place that people don't mind sitting and hanging out at," Jacob said. "We wrote a list of how we could be different and we're just going to keep adding to it. If it's received well we'll keep it; if not, we'll try something new. When we do a doughnut shop we want to do it completely different than any other doughnut shop."

Editor's note: This article was originally published Oct. 27, 2010.

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 have probably seen the advertisements around school about where to get your neo-geek, hipster ass inked.

While tattoos can be tasteful, tacit and unique (and the vast majority are), getting Johnny's name tattooed over your right but 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 their 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 turkeys!). 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 available, and can even be done in the comfort of your own home, laser tattoo removal is your only rational choice — specifically, the "Q-switched" laser. It should be noted that there are many "balms" on the market (that all run for about $100 a jar) that, used over an extended period of time, might fade your tattoo(s) a little. If you are willing to use the balm nightly over, say, six months to a year, and are only looking to fade your tattoo(s) to cover with another tattoo, this might be a plausible option for you. Do keep in mind that each jar of balm (if used nightly) will last about one month.

There is another, newer type of laser regimen being used for tattoo removal called "Intense Pulsed Light Therapy." It also costs an arm and a leg, almost literally. The treatment is supposed to be quicker and less painful than Q-switched lasers — however, due to the cost, this is a procedure not many students would be in the market for unless they marry well.

Getting a tattoo removed is much more expensive than getting the tattoo itself. Generally (very generally), the cost of getting your tattoo(s), then multiply that cost by 10, and you have a rough idea of what it is going to cost to get the ink removed. This is not an area where you want to skimp though. Depending on where you go — do your research, this is what something like Yelp is good for — you can expect to pay $20 to $70 per square inch (of tattoo) per session. I don't think you will get a AAA discount anywhere, but saying you're a student might be beneficial and bump the price down a little.

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 out), 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.

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 laser that removes your tattoo, but rather your body. The laser breaks down the tattoo — your body then takes the ink and absorbs it into your system.

Similar to the fact that getting your tattoo removed will cost you more than getting your tattoo, getting your tattoo removed will hurt a lot more than it did to get your tattoo. There are topical "numbing" creams available at the doctor's office where you choose to have your tattoo removed for those with a low-to-medium pain threshold.

However, for those that go without the numbing cream, I have heard many comparisons about how getting a tattoo removed feels. I think the best comparison to share would be to holding your body part (of which you are getting your tattoo removed), over a grease fryer for a couple of minutes and letting the hot oil sizzle and burn you. That said, sessions are quite short — about three minutes for that 3-square inch portrait of Yoda you have on your forearm.

Again, it is your body removing the ink — the laser is only breaking it up. If you are sickly or your immune system is incapacitated, you should focus on making yourself well before getting any tattoos removed. Expect to pay the full cost the doctor thinks it is going to take to remove your tattoo(s) — up front. If it takes fewer sessions, they will likely reimburse you; if it takes more sessions, they will likely continue your visits at no cost.

And finally, have some realistic results in mind. Do not expect your skin to return to its "pre-tattoo" state. More than likely, it will not. You can do an image search of "tattoo removal before and after" to get an idea — you will likely always have a faint reminder of your decisions past.

Editor's note: This article was originally published Nov. 9, 2010.

Getting Johnny's name tattooed over your right boob probably wasn't such a hot idea. ... You stay classy!

— Erik Hansen
Grassroots columnist.
Pregnancy Support Center

experience freedom, joy, and life here! Welcome!

Whether you’re single, married, single again, with or without children, young or old - no matter where you’ve been or what you’ve done - we invite you to

The Salvation Army, an international movement, is an evangelical part of the Universal Christian Church.

Get Involved

Sunday
10:00 am  Sunday School
11:00 am  Holiness Service

Wednesday
9:00 am  Prayer Time
5:00 pm  Prayer Time

Weekly Family Programs also available — ask us for more information

All services are Bilingual

815 Islay Street
San Luis Obispo, CA 93401
Facebook: San Luis Obispo Corps
Looking for volunteers to be part of our worship team. If interested please call.

Corps Ministry Leaders
Juan Torres 523-243-5811
R Kathy T Torres 562-544-9874
Office 805-544-2401

Free Pregnancy Tests

We also offer:
- Ultrasounds
- Options Information
- Counseling
- Maternity Clothes
- Baby Clothes

All services are free and completely confidential

Call us today! 543-6000

Looking for a place to connect?

This is your personal invitation to join our new church in San Luis Obispo, a Christian Church that believes God will do great things in this city.

Here you will find...

- Messages relevant to your daily life
- Prayer that is personal and passionate
- Dozens of ways to connect and reach out
- And that you matter to God and us

The Salvation Army Mission Statement

The Salvation Army, an international movement, is an evangelical part of the Universal Christian Church. Its message is based on the Bible. Its ministry is motivated by the love of God. Its mission is to preach the gospel of Jesus Christ and to meet human needs in His name without discrimination.

Aggie turned Mustang: A twist of fate sends Abel from UC Davis to Cal Poly

J.J. Jenkins
jjenkins.md@gmail.com

Just 13 months ago, UC Davis’ Barrett Abel wrestled his way past Cal Poly to be crowned champion of the Pac-10 conference at 149 pounds.

He received his trophy to the cheers of a home crowd while wearing Davis’ signature blue and gold singlet, and remained blissfully unaware of what was to come.

Then, on April 16, Abel’s world turned on its head.

“Last year at this point, I had the next five, 10, 20 years of my life planned out,” Abel said. “I knew what I wanted, what was next, then my world got rocked.”

UC Davis, pressured by budget issues, cut its wrestling program.

UC Davis Athletics Director Greg Warzecka notified head coach Lennox Zalesky about the decision 10 minutes before the information was publicly released, setting off a chain reaction that still echoes through the UC Davis community, according to reports.

While supporters rallied around the program and complaints were heard (and mostly dismissed), Abel scrambled to find a team to accept him for his senior season. He doubted anything could be done to rectify the situation at Davis and consequently set off on a voyage that would eventually land him in San Luis Obispo.

The journey hardened Abel, who bears his load stoically, but an undercurrent of institutional distrust resonates through his voice when he speaks about the betrayal of the UC Davis athletic department.

“We had a promise from the athletic director that wrestling wasn’t going to be cut,” Abel said, his voice wavering. “We knew there were sports cuts coming, but we had been told not to worry about them, that we were fine.”

While the decision tested Abel’s low-key style, he took the consequences in stride with the appropriate, but tough, steps to find a new home.

The day following the announcement, about 25 coaches contacted Abel, one of which was Cal Poly.

Co-head coach Mark Perry recognized that Abel could be an asset even if it was only for a year.

“When it happened, I said, ‘We want him here, let’s bring him down on a visit,’” Perry said. “Anytime there’s a big transfer out there, we’re looking for him. Barrett is a good student, his head’s on straight.”

“We’re trying to become a championship program, and those guys help.”

But it was hardly a done deal. In the final month of spring quarter, Abel was whisked away on a whirlwind tour of the country, visiting colleges from Oregon to New York, while he was still taking 19 units of coursework.

Weighing the benefits and seeing light at the end of the tunnel, a plausible situation eventually emerged.

Abel could compete in a familiar conference with a familiar setting.

see Abel, page 39
A look back at Mustang Athletics

Records
Men’s Soccer
8-7-3 Big West
Women’s Soccer
9-9-1 Big west
Football
7-4 Great West
Women’s Basketball
18-13, 12-4 Big West
Men’s Basketball
15-15, 10-6 Big West
Volleyball
22-7, 12-4 Big West
Wrestling
9-2, 4-2 PAC 10
From Fisher-Price hoops to Cal Poly’s history book

Jerome Goyhenetche
Jerome@Goyhenetche.Mail.com

It seemed like any other gift from father to son, but this one was a bit different. The Fisher-Price basketball hoop given by Kermit Lewis to his son Shawn Lewis would change Shawn’s life forever.

That toy sparked a love for a game that would keep Shawn inseparable from basketball. It was in those earliest moments of his childhood, shooting in the hoop with his dad, that Shawn knew he wanted to make basketball his life.

“I started on that little Fisher-Price basketball hoop, and it just stuck with me,” Shawn said. “Ever since then, I’ve been attracted to basketball and wanted to make that my career.”

The rest is Cal Poly history.

In the Mustangs’ 43-39 victory over Pacific this season, Shawn scored 11 points to establish himself as one of the program’s elite scorers by becoming the 16th player in Cal Poly’s 85-year basketball history to surpass the 1,000-point mark.

“Shawn is able to make plays that nobody else on the team can make,” head coach Joe Callero said. “He has the quickness, strength, athleticism and experience that has been critical.”

His success with his team stems from his parents. Shawn’s parents were his biggest inspiration growing up and he said their work ethic is what drove him to work hard in basketball.

“His success with his team stems from his parents. Shawn’s parents were his biggest inspiration growing up and he said their work ethic is what drove him to work hard in basketball.”

“They were very goal-oriented,” Shawn said. “They worked hard at what they do. That’s what you have to do in basketball, and that’s what they’ve instilled in me since I was little.”

Shawn took his first shots on a real hoop just a couple years later when he went to watch his dad play in an adult basketball league. At halftime and every timeout, Shawn would run out on court, with a basketball almost as big as he was, and take a few shots before the team took the court again.

Kermit said Shawn became more infatuated with basketball while watching him play, even though he tried other sports.

“I introduced him to other sports but basketball was all he wanted to play,” Kermit said. “He pretty much fell in love with it.”

Kermit said it was the love that drove Shawn to make himself better and excel on his basketball teams.

“He loved the game to the point where he really wanted to do it,” Kermit said. “There wasn’t any pushing from me, he just enjoyed playing the game. It was his sheer drive that got him involved and to the point where he is now. As far as motivating himself, he wanted to get better at the game. He wanted to play college and he wanted to go beyond college and play.”

Shawn’s aspirations eventually led him to Bishop O’Dowd High School. But in his senior year, just a few months away from graduation, Shawn hadn’t landed a scholarship and was still looking for a college to play for.

A pivotal moment in Shawn’s basketball career came when Bishop O’Dowd advanced to the Northern California Division III Championship versus Acalanes-Lafayette, a team that blew them out, 60-43, a few weeks prior.

Shawn seized the opportunity, in what could have been his last game of the season or even his career, and erupted, scoring 27 points to lead Bishop O’Dowd to...
Lewis

continued from page 38

a 55-51 victory.

Shawn, who embraced his fa­
er wher on cou r after the vic­
tory, said it was the high­light of his career.

"My dad has never missed a game
my entire life," Shawn said. "I'm
behind me all the time eases my
mind during the game just know­ing
I have that support. He was sit­
ting right behind the bench that
game, and it was a great feeling to turn to
him after we won."

Kermit said it was his proudest
moment as a father to watch Shawn
play that day.

"It was the highlight of my life," Kermit said. "To see your child actual­ly
excel like that. You watch, you hope
and pray to actually be there and
experience that. To have him come
and give me a big hug after the game,
and having everyone excited for him,
it was a wonderful feeling.

That game would not only pro­

cel Shawn into the State Cham­
opionships but also into the eyes of
Cal Poly's coaching staff.

Cal Poly had not even seen
Shawn play in person. What drew
Cal Poly to Shawn was the video­
tape of his explosive game against
Acalanes-Lafayette.

Shawn has averaged 10.3
points per game while shooting
37 percent from the 3-point line
during his four years at Cal Poly.

He was selected to the Big West
All-Freshman team, was third on
the team in scoring his sopho­
more year with 11.7 points per game
and was second on the team in scor­ing his ju­nior year with 11.8 points per game.

Shawn, the only senior on the
team, said crossing the 1,000
point barrier was one of his best
indiv idual accomplishments.

"It feels really good to know I
reached that mark," Shawn said.
"I feel proud of myself."

Editor's note: This story was origi­
nally published Jan. 11, 2011.

I started on that little Fisher­
Price basketball hoop and it just
stuck with me. Ever since then
I've been attracted to basketball.

— Shawn Lewis
Men's basketball guard

Abel

continued from page 36

while being able to complete his
degree at UC Davis after returning
home after wrestling season.

In mid-June, Abel settled on Cal
Poly only to find more problems. Due
to a credit-transfer issue, Abel sifted
through more paperwork for an NCAA
waiver allowing him to compete.

"I was sure something was go­ing
to work out, but it was a lot of
stress," Abel said. "There were
times when I thought, 'You know
what, what's gonna happen is go­
nana happen.'"

Finally, in August, the day of
relief arrived. Abel was admitted
to Cal Poly, the Aggies became a
Mustang.

The journey aged Abel, to say
the least.

"Barret is the youngest grandpa
I've ever met," heavyweight Articus
Disney said.

The wear and tear throughout
the last year has been rough, Abel said.

"With everything I've been
through with the transfer, I really
want to do well; so I'm not as light­
heated as I could be or should be," Abel
said.

Emerging from five months of
uncertainty, Abel found himself
entering an unfamiliar wrestling
room. With leaders already estab­
lished and tested, Abel took a back
seat in practice.

"I would rather let my work
ethic and results speak for them­
selves," Abel said. "It would be great
if I won all the time, but my hope is
that when it all starts paying off for
me in the end, people can look back
and say, 'That's how it's done.'"

Abel has focused on leading by
example. He became, in some ways,
Enhancing the Campus Experience

University Housing

We Bring the Campus to You.

Through our 2-year on-campus housing programs and activities, we bring the Cal Poly campus, the academic colleges, student services, and the entire campus community to your front door. Living on-campus is the only place where you will get all this!

housing.calpoly.edu

Room to move. Room to belong. Room to grow. Room to study.