San Luis Obispo Special Olympics goes for gold

Marisa Bloch
MARIASBLOCH.BD@GMAIL.COM

As the sun was warming up at 9:30 a.m., hundreds of people gathered in the Cuesta College gym to watch the opening ceremonies. The athletes worked hard for this day all year, in hopes of winning the gold medal.

It was time once again for the San Luis Obispo County Special Olympics to host its Spring Regional Games. The ceremony ended with the common standard, "Let the games begin," announced by Doug Danner, an elderly athlete from OPTIONS Family of Services, a community service organization focused on helping special needs residents in the Central Coast.

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The Spring Regional Games, previously known as the Area Meet, invites athletes from San Luis Obispo County and several surrounding areas (including Santa Barbara) to compete. This is the biggest local competition, in which approximately 65 athletes are selected to compete in the Summer Regional Games Tournament at Long Beach State next month.

At the Spring Regional Games, the athletes compete in aquatics, bocce, track and field events, basketball and Motor Activity Training Programs (MATPs).

The athletes who participated ranged from elementary school students to senior citizens. Danner said he was excited to be the one to start the event.

"I competed in two events, the softball throw and the 50-meter walk," Danner said. "I got silver medals in both, and had a lot of fun."

Breaking the bank: What to know about STUDENT FEES

In the midst of a budget crisis, students are paying more for a college education.

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MELISSA WONG MUSTANG DAILY

Breakdown of undergraduate tuition
(see dollars)

Other fees $3.84

Breakdown of all student fees
(see dollars)

Other fees

Children's Care-12.19

Breakdown of student fees - University Union (UU) and Associated Student fees only
(see dollars)

Other fees

*Numbers courtesy of Larry Kelley and Dougw Beaumont

MELISSA WONG MUSTANG DAILY

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Student Fees

continued from page 1

facilities it was initially put toward. ASI executive business director Dwayne Brummett said the budget's purpose is to ensure student fees are used in the most effective way to benefit students. "Students have people looking out for them," he said. "They have the (ASI) Board of Directors; 25 elected members that know about everything we are doing and vote to approve our budgets. And, there are budget committees that look at the budgets to understand what they are going to be paying for, what services and making sure that we're following all the mandates that have been set down by students over time."

Not all students agree with this, however. Graduate student Lindsay Wardak said she uses the previous UU Plaza, its demolition, the construction process and the unveiling of the new UU Plaza. She said it was a large, concrete structure then, but now it is a slightly rearranged, larger concrete structure. "We put a lot of money into rebuilding it, and when it reopened, it looks almost exactly the same," Wardak said. "It is still big, big concrete structures that everyone just walks through."

Although the UU Plaza construction was approved by students through a referendum process in 2005 — a process during which students voted in favor of or against a proposed project that will be funded by student fees — students such as Wardak don't think projects such as the UU Plaza are necessary. Contrary to what some students might think, Brummett said the ASI budget is student-driven. But at the same time, it is designed to be somewhat dollar-driven, like any normal business, to "operate in the most efficient way (possible)," he said.

Lori Torbitt, chair of the UU Advisory Board (UUAB), also said the budget spending is geared toward students. She said she has never seen a business aspect take precedence over the students' needs.

She said the professionals hired to analyze the spending are proof of this. These individuals verify the money brought in through student fees in accordance with state laws, and thus protect student assets, she said.

For example, when there is a budget surplus from the UU fees, the money goes into an aforementioned reserve fund which can only be used toward the UU. Specifically, UUAB's goal is to use it toward facility upkeep because the facilities were a student investment, so the money is for maintaining the investment.

"It's good to have the goal of being able to spend the fees that have been collected within the same year so the students see what the money is going toward," Torbitt said. "You see a lot of the reserves going to the improvements of the facilities."

Despite this, students are still concerned with how the 42 percent of student fees, check out the slideshow at mustangdaily.net.

Olympics

continued from page 1

Others, including Kelly Knox, the day program coordinator at OPTIONS, said coaching and preparing for this event has been a great experience. "OPTIONS serves adults with developmental disabilities and events like these help to get them out into the community," Knox said.

Knox said OPTIONS was only one of the many programs in attendance at the event. Since the event was free, many students from Cuesta and Cal Poly attended the events for class credit. Jessica Daub, a student at Cuesta College, and Aaron Borgeson, ASI Executive Cabinet, also said the budget spending is geared toward students. She said she has never seen a business aspect take precedence over the students' needs.

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ENGLAND (MCT) —
A retired British judge who was
flown to hospital by Prince William
after suffering a heart attack on a
mountain walk said Monday he was
stunned to learn who had rescued
him. Nick Barnett, 70, told the BBC
that a nurse aboard the Royal Air
Force search and rescue helicopter
had whispered in his ear that Prince
William was at the controls during
the incident last Wednesday — just
days after his wedding.

He was flown to Danger hospital in Wales, where William is based.

CUBA (MCT) —
Cuba is evaluating a move to end
restrictions on Cuban tourists trips
abroad, according to a reform plan
drafted in last month's Communist
Party congress and published Monday.
Cuba has limited its citizens' trips
abroad for half a century. Since the
revolution that brought Fidel Castro
to power in 1959, Cubans' travels off
the island have been gradually limited
to only allow migration abroad and business trips. There is no specific
timeframe regarding plans to ease re-
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to be made law.
Supreme Court to judge the legality of Arizona immigration law this week

Nicholas Riccardi
LOS ANGELES TIMES

Arizona’s controversial immigration law is headed to the Supreme Court, officials announced on Monday. Arizona Gov. Jan Brewer and Attorney General Tom Horne said they would go directly to the nation’s top court to appeal a ruling by a three-judge panel of the 9th Circuit Court of Appeals that the law is unconstitutional.

In doing so, Arizona’s elected officials, both Republicans, are bypassing the full 9th Circuit.

“The American people have clearly sided with Arizona on the righteousness of Senate Bill 1070,” Brewer said at a Phoenix news conference.

Polls have shown wide support for the immigration law, although milder versions of it have been shot down in several state legislatures this year. On Tuesday, a watered-down version goes into effect in Utah, to date the only state to have enacted a similar measure.

The Obama administration sued to block the implementation of the Arizona immigration law, known as SB 1070.

Most of it was put on hold by a federal judge in Phoenix last year, who found it infringed on the federal government’s ability to regulate immigration.

The law requires police to investigate the immigration status of people they stop and also think are illegal immigrants. It also makes it a crime to lack immigration paperwork in Arizona.

The 9th Circuit panel last month upheld the injunction on the law. If the Supreme Court takes the case it will have an opportunity to set the boundaries on how states can police immigration.

It is already due to rule another Arizona law, which dissolves businesses that repeatedly hire known illegal immigrants, sometime in the coming weeks.
Boehner announces Republican demands for spending cuts

Lisa Mascaro
Kathleen Hennessey
TRIBUNE WASHINGTON BUREAU

House Speaker John Boehner, R-Ohio, said Monday that Republicans want "trillions" in budget cuts in exchange for their vote to increase the nation's borrowing limit and avoid default, adopting a hard line of the party's position in a speech before major players on Wall Street.

Boehner told the Economic Club of New York that his party wants specific spending cuts — not future targets that would trigger spending reductions or revenue increases, as President Barack Obama has proposed.

Laying down a marker on the eve of new budget negotiations, the Ohio Republican also said he wants the amount of the cuts to exceed any increase in the nation's borrowing limit, a demand that probably would mean new spending reductions of $2 trillion or more — many times higher than the $38 billion in cuts approved last month in the 2011 budget.

"It's true that allowing America to default would be irresponsible. But it would be more irresponsible to raise the debt ceiling without simultaneously taking dramatic steps to reduce spending and reform the budget process," Boehner said.

Boehner's address before the New York audience came as Obama called lawmakers to the White House for several days of talks this week over raising the nation's $14.3 trillion debt limit.

Boehner has been increasingly caught in a politicalsqueeze. On one side, the Obama administration and its allies have demanded that GOP officials measure markets that they would gamble with U.S. debt obligations. On the other side, tea party activists charged that GOP leaders were selling out the nation's conservatives. Last week, GOP leaders backed away from the party's controversial proposal to overhaul and eventually privatize Medicare. "I wish our tearful House speaker had just shown some compassion for American taxpayers and our children," said the Rev. William Temple, a tea party activist from Georgia, speaking at the National Press Club. "It's a cowardly act of treason against coming generations and we may be able to give Mr. Boehner something to really cry about in 2012."

Boehner notably did not fully embrace the party's Medicare plan, beyond saying there must be "honest conversations" about the program. The Treasury Department has estimated the country would default on its obligations by Aug. 2. But top Democrats warn against prolonging the debate past mid-July for fear of roiling key financial markets and risking the nation's fragile economic recovery.

Many Republicans won their seats in Congress after campaigning against the debt limit, and Temple said the tea party groups would be grading lawmakers on the debt ceiling vote alone. "If you vote to raise the debt ceiling you get a 'zero' for the year from the tea party," he said. "If you don't vote to raise the debt ceiling you get a '100' and you're a hero."

Bob Vander Plaats, an influential Christian leader in Iowa, called default "cowardly act of treason against coming generations and we may be able to give Mr. Boehner something to really cry about in 2012."

At the same time, rank-and-file lawmakers are pushing Republican leaders to use the debt ceiling vote as leverage. Rep. Michele Bachmann, R-Minn., said that any debt ceiling vote "must include a vote to fully defund Obamcare" — the new health care law. In the Senate, Sen. Pat Toomey, R-Pa., chastised Democrats for raising what he called the "false specter of default."

The debate offers a measure of the difficulty of deficit politics as the nation borrows at a rate of $125 billion a month. At that rate, it would take a $2 trillion increase in the debt limit to get beyond the 2012 elections.

Democrats warned Boehner not to prolong the debate. "This is playing with fire," said Sen. Charles Schumer, D-N.Y. "Speaker Boehner needs to have that adult moment now right."

As investors worldwide watch the unfolding debate, GOP leaders are conducting outreach to financial leaders. Another key Republican, House Majority Leader Eric Cantor of Virginia, will visit Wall Street on Tuesday.

Boehner reiterated his position that no new tax increases be on the table, a stance that will be difficult to maintain as Democrats press to close tax loopholes.

Officials from both parties have floated a two-track strategy that would provide immediate spending cuts while setting triggers that would require further budget reforms in future years if deficit-reduction goals are not met. But Boehner appeared to dismiss the trigger approach Monday.

This week will see another round of negotiations as Vice President Joe Biden convenes congressional leaders on Tuesday and Obama summoned all senators to the White House for talks Wednesday and Thursday.

Democrats are also preparing their own 2012 budget proposal for release in coming days, which is expected to address various long-term tax, spending and entitlement issues.

Interested in running in Body and Soul call 805.756.1143 or e-mail mustangdailyads@gmail.com
Taking the G out of GTL

Take your workouts outside while the Rec Center is closed

Erik Hansen is a graduate student pursuing a Master of Public Policy and the "When I Was a Mustang..." columnist.

With the Recreation Center closing its doors for the summer and an undetermined number of quarters to follow, some students are in a tizzy, causing them to remove the G from their GTL routine. This is going to force many people to join a local gym — a gym where they are free to wear cut-off sleeve shirts and flex in the mirrors. However, there is another great place to workout, and while the equipment isn't free, the facility is. It's called "outside."

Though a foreign concept to many, because we don't live in some Godforsaken place like Illinois or New Jersey, the temperature and conditions outside should be good enough for you to endure until the Rec Center reopens and you can continue doing all those curls for the girls. Plus, outside is a place where you can get your workout in and fry your skin to George Hamilton status. It's a two-for-one.

While weight training is a great complement to outdoor activities, some might not be able to afford a gym membership, have no desire to join a local gym and/or have yet to take advantage of all of the outdoor opportunities we have here in our own backyard. The following list is just a small sample of these opportunities and can help act as a primer to get you outside. The list also identifies which muscle groups are worked so you can plan your "total body workout." Now there's no need to order those P90X DVDs!

Kayaking.
Primary muscle groups worked include shoulder/back, arms (biceps and triceps) and core (including abdominals). Kayaking also provides a moderate cardio (fat burning) opportunity.

There are several great locations to kayak out of Morro Bay and Pismo/Shell/Avila Beach. Kayak Horizons in Morro Bay and Central Coast Kayaks in Shell Beach both rent kayaks and are conveniently located right on the water. As an added bonus, bring your fishing pole and drop a line in when you get tired. You can get your workout in and bring home dinner, hunter-gatherer style.

Standup Paddle Boarding.

Similar to kayaking, primary muscle groups worked include shoulder/back, arms (biceps and triceps) and core. However, standup paddle boarding, or SUP, relies more heavily on your core and brings balance and coordination into play.

Again, there are several great locations to SUP out of Morro and Pismo/Shell/Avila. Central Coast Stand Up Paddling in Morro Bay and Pismo Beach Surf Shop both rent SUP and are located right on the water. Laird Hamilton is big into SUP so if that doesn't legitimize the sport for you, nothing will.

Mountain Biking.

Of course, primary muscle groups worked include your upper and lower legs; however, shoulder/ back and arms get brought into the picture for those riding hard. Mountain biking also provides an excellent cardio opportunity. East Cuesta Grade is a great out
Chef combines science and engineering to create unique food

Amber Kiwan
AMBERKIWAN.AI23@GMAIL.COM

Pastry chef Thomas Drahos is one of the few chefs on the Central Coast who specializes in the modern culinary art of molecular gastronomy, a unique way of creating food by combining science and engineering.

Drahos will give a presentation today on the history and future of molecular gastronomy as well as molecular demonstrations of items such as fruit spaghetti and caramel powder.

"We're basically taking the idea of the old art form of culinary arts and turning it into something that is out of the box, new and exciting," Drahos said. "We're reshaping old things and making them new."

Drahos will show how red algae and a cold temperature chemistry reaction can be manipulated to create blood orange spaghetti, a dish that looks like spaghetti but tastes like fruity blood oranges.

Students can also sample the phenomenon of caramel powder, which transforms from powder to chewy caramel in your mouth.

Drahos has been a chef for 10 years and has experimented with molecular gastronomy for three.

Although his work with the culinary art form is fairly new to Windows on the Water, the restaurant in Morro Bay where he works, Drahos said he hopes to carry on with molecular cooking and bring the originally European trend to the Central Coast.

"I'm hoping to start a full movement," he said. "Something that is new, exciting and cutting edge."

Some, but not all, of his molecular gastronomic creations are available on Windows on the Water's regular menu.

Christopher Groth, a Cal Poly alumnus and server at Windows on the Water, said various reactions can be expected from guests who order the unique dishes.

"When we serve a foam or gel dessert, we usually get funny looks from the table," Groth said. "Sometimes they don't know how to eat it or what it is."

Groth said the staff takes pleasure in watching guests react to the food because they often are surprised, but delightedly so.

"It's like most modern art, everyone's reaction is a little bit different," Groth said. "That's what (Drahos') goal is — to transform food into higher forms of art."

Drahos' presentation will take place during food science professor Tom Neuhaus' advanced culinary class.

Neuhaus teaches a class on molecular gastronomy, but said his take on it is more traditional and utilitarian compared to the modern and artistic version Drahos will speak about.

"My background is haute cuisine and old fashioned cooking," Neuhaus said. "It's things like learning how to make an emulsion work, and examining the different ways and bases you can use to make mayonnaise."

Neuhaus said a main ingredient used in molecular gastronomy, hydrocolloids, is found in between the cellulose of plant cell walls.

"Most of it is from seaweed, and they're using its versatility to do innovative things," he said.

Neuhaus said the innovations and creations of molecular gastronomy taking place at Windows on the Water are features that can set restaurants apart from others.

"It's a great way to increase your profits as a restaurant and do something no one else is doing," Neuhaus said. "It makes the food really special."

The presentation will take place in the Food Processing Building, room 103 today from 12 to 1:30 p.m.
Road Biking.
Primary muscle groups worked include upper and lower legs, but for long rides, make sure your lower back and arms are already in good shape, as they can get sore after a while. Depending on how hard you ride, and the incline, road biking can be an excellent cardio opportunity. While relatively flat rides exist all over the place, including the Bob Jones Trail and on the 227, if you're looking for a challenge, try riding up Perfumo Canyon Road. Pick it up off Los Osos Valley Road and head up, and up ... and up. The views are amazing at the top, and you can take See Canyon Road and San Luis Bay Drive back into town. Just be ready to clean the dirt out of your components, as it can get a little rough heading down See Canyon. Alternatively, you can fly back down Perfumo Canyon like a bat out of hell and pray no car is running the streets, try tying your lac­e a little tighter and bending up one of the trails we have in town. From the parking lot just off the south­bound 101, take the Matz Street, then try running all the way up Cerm San Luis Obispo, more commonly known as Madonna Mountain.

At the summit there is a plat­form where you can do pushups or just stand and take in the panoramic view. Alternatively, the Felman Loop, located in the Ferrini Ranch Open Space, provides another, though less intense, incline. You can pick this trail up off of Patricia Drive.

By taking your runs to the trails, you can run without the worry of being hit by a car. You'll need goggles and a wristlet, unless you're a badass. If you've never done an open water swim before, forget what I said about it being just like swimming in a pool, it's not. The initial shock of being in open water and keeping your orientation can be tough for those just starting out. It would probably be best to start off at Lopez Lake if you're a novice. If you decide it's not for you, head over to the Mustang Waterides waterpark, located at Lopez Lake, and hang out with the kiddies.

Keep in mind we also have the climbing wall and track on cam­pus, but you're probably already aware of those two options. Just make sure that during your time in San Luis Obispo, you don't let these unique outdoor opportuni­ties slip by. And with the reopening of the Rec Center nowhere in sight you might want to get moving be­fore you experience the freshman 15 all over again.

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**By taking runs on trails, you can run without the worry of being hit by a car.**

— Erik Hansen  
Graduate columnist

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**Open Water Swim.**
Primary muscle groups worked include shoulder/back and upper legs, with some work put on the arms, Swimming is an excellent car­dio opportunity.

Open water swimming is just like swimming in a pool, except it's harder and more exciting. Two great locations nearby to get an open water swim is at Avila Beach and Lopez Lake (in Arroyo Grande). At Avila, start just south of the pier, swim to Fossil Point, then head back to the pier and swim around and down the north side of the pier. This swim is just over one mile and the conditions are usually pretty calm. At Lopez Lake, just pick one or two of the buoys to swim to and start your out and back. It's easy to create your own swim at Lopez Lake, as it can accommodate those who are just starting out or are more experienced.

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**Graduate columnist**
Education not exempt from necessary cuts

When you consider how important higher education is to America's future, budget cuts may seem like the last thing we need. But when you look at higher education budgets, bureaucracy and blue, the need for cuts is clear.

Public universities are heavily subsidized — with tuition covering only 42 percent of the total cost and taxpayers paying most of the rest. Why should middle-class workers in the private sector — many of whom never had a chance to go to college — sacrifice while administrators and faculty benefit? The budget cuts are clear.

Admittedly, many of our universities are doing a poor job of teaching. A recent study by Ohio University economist Professor Mark Bauerlein, for example, showed that only 29 percent of college graduates are proficient at reading. Furthermore, the discipline of budget cuts will force university administrators to reduce costs and pay more attention to education.

The discipline of budget cuts will make sense for three reasons. Taxpayers deserve a break; public universities need to control costs; and faculty should shift more attention to education.

From 1990 to 2010, college tuition and fees increased more than 286 percent — even more than health care costs.

— Jane S. Shaw
President of the John W. Pope Foundation
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Sharks lose opportunity, but still have chances to close series

Mark Purdy  
SAN JOSE, Calif. — The San Jose Sharks have turned a short playoff series into a long one. And to finish off the Detroit Red Wings, it may now take every minute of Game 7 and a few overtimes.

"It's going to sting a little tonight," Sharks forward Devin Setoguchi said after the 4-3 loss Sunday.

And yet, amid the wreckage of a blown two-goal lead in the third period of a potential elimination game, which was a historic collapse even by Sharks standards, the Sharks came all the way back and beat the Sharks. To do so, the Wings will have to win Tuesday in Detroit and then return Thursday to the Tank and win again.

— The Sharks have never been dominated by Detroit at any point in the first five games. It basically has been an even battle with flurries of intensity that has produced one-goal decisions each time.

— The Sharks didn't lose Sunday just because they coughed up a 3-1 lead with 17 minutes left in the third period. They lost because they blew too many chances to score in the first two periods and thus started the third with only a 2-1 lead that became a 3-1 lead after Logan Couture's goal 54 seconds after the period's opening faceoff. To bury the Red Wings for good, you have to bury them early by taking a three-goal or four-goal lead.

— The Sharks easily could have taken such a lead Sunday but failed to capitalize on so many good looks at the Detroit net even while outshooting the Red Wings 22-9 over the first 26 minutes of the game and 30-16 over the first 40 minutes.

"We had two-on-ones, three-on-ones," said Sharks coach Todd McLellan. "We had to find a way to finish some of those.

Instead, it was as if with a one-goal or two-goal lead, which the Sharks held over most of those first two periods, they didn't feel the need to bear down and add to the total.

"I don't think it was a problem with concentration," Couture said. "Just execution."

It was a lot of problems. But in retrospect, those missed early opportunities loomed even larger. Defenseman Dan Boyle missed two shots standing tight on the doorstep of Detroit goalie Jimmy Howard. Sharks forward Ryan Clowe had a wide-open breakdown he couldn't bury.

What that meant was, Couture's goal only gave the Sharks a 3-1 lead instead of a 5-1 or 6-1 lead. Which are the stage for Detroit to do what desperate teams facing elimination always do: Use all available guts in their bellies to avoid going home.

So here was Detroit defenseman Jonathan Ericsson, pinching in close to take the winning tipped shot by Tomas Holmstrom. "I had the puck by my feet on the boards and couldn't get it out," Marleau said of the play. "I tried getting it back from Datsyuk and couldn't. They got a shot on the net."

So did he and the Sharks let up?

"They just started pressing, and our execution was off," Marleau said. "If that's letting up, I guess that would be it."

Marleau will take some earned criticism for that play. He remains pointless for the series. He and the Sharks' power play went 0 for 4 in the game.

Most discouragingly, after the Sharks missed a final chance to tie the score with only 1:27 left, they let the game go into overtime, and with only 54 seconds left, they let Datsyuk and Henrik Zetterberg roles — only to see the Avalanche claw back to win Game 6. The Sharks then suffered a crushing Game 5 loss in overtime at HP Pavilion.

If you remember, that defeat created a cloud of doom and sent the series back to Denver. Many predicted the Sharks would collapse there in a puddle of anxiety and doubt. Instead, they beat Colorado 3-1 to finish off the series.

Will the Sharks also gain from that knowledge?

"You think about a little bit of everything," Marleau said. "But you can't dwell on anything."

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Junior outfielder Nora Sobczak ranks second on the team with a .310 batting average. Anna Cahn is first, hitting .324.

Since she was a freshman, Cal Poly outfielder Nora Sobczak has had a knack for making big plays. She proved it in a huge matchup against Long Beach State her first year as a Mustang. She was the only freshman on the roster and played right field for the Mustangs. Yes, with the Mustangs trying to hold on to a 2-1 lead against the 49ers, she showed she had the poise of a senior.

In the seventh inning, Long Beach State's Kristen Pocock nailed one down the right field line. Sobczak made a diving catch, preserving the lead and saving the game. In the end, Sobczak helped Cal Poly come victorious with a 2-1 win.

Now in 2011, nothing's changed. "She's been a star for us since she was a freshman, and she's played almost every game," softball head coach Jenny Condon said. "She was the only freshman in the lineup that year. She's been consistent and year after year, she's been there for us."

As a graphic communication junior from Thousand Oaks, Calif., Sobczak has shown great leadership to the team. Condon said Sobczak stands out as the "quiet leader" who leads by example. And jumping from her freshman batting average of .293 to her current .310 batting average shows that she sets the bar high for the rest of the team.

"(She) shows up, and she expects her teammates to work just as hard," Condon said. "She'll listen to them, she'll try to help them and she's really selfless. She definitely puts the team before herself."

Sobczak, who was influenced by her brothers to play softball, has handled it by not allowing her emotions to get in the way. "She's pretty steady and even with her emotions," Condon said. "She never gets high or super low. She doesn't express her frustration, and it's a testament to her. We've had frustrations this year, and she's managed it well. She works on things that she can do better on, and she supports her teammates."

Junior outfielder Nicole Lund said Sobczak has shown great leadership to the team. "She always has wisdom with the team," Lund said. "(During) bad days, she always has something to say and gives good advice to the younger players on the team. She's definitely a voice on the team this year."

Lund said Sobczak has a lot of drive compared to a lot of the other girls on the team and is always providing words of encouragement. "It's her personality — she's a calm person (and) it's her drive," Lund said. "It's been hard for us to deal with (the losses) but we just keep coming out and working hard."

Sobczak and her teammates have learned to put the season's losses behind them. Instead, they focus on things that need improvement in order to get better and do better.

"It's (about) being able to put things in the past and being able to start over again each day," Sobczak said.

Even with softball, Sobczak still manages to handle schoolwork and graduate within four years. In the future, she said she hopes to become involved in printing and packaging design when she leaves Cal Poly.

"It's definitely difficult, but I think I've learned how to manage my time and prioritize what is more important to me," Sobczak said. "School definitely comes before (everything else). With softball, it's (about) managing time and giving what's in store for the week."

Because procrastination is not an option for Sobczak, this led her to do her work on time and gain a sense of pride from her achievements. "This year, I think one of the things that are important to me was confidence," Sobczak said. "It's definitely been a big part of my success, it's important to have that individual confidence."

And with that kind of assertive attitude, Sobczak said she's learned to handle pressure. "Our team is strong, we have such good chemistry," Sobczak said. "Even though it's been a really tough season, we've given up or tried anything. We try to win every single game — inning by inning, pitch by pitch."