Dry campus becoming less dry

Marisa Bloch  
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Cal Poly's alcohol policy is not as straightforward as some might think. In an effort to preserve the image of a dry university campus and still offer alcohol, Cal Poly's alcohol policies have become increasingly flexible as time goes on.

When a random poll was conducted of Cal Poly students about the university's alcohol policies for the past month, 140 out of 200 respondents (some under the age of 21) did not know the correct policies or in what terms alcohol was acceptable, if at all, on campus.

"Cal Poly is a dry campus," political science senior Courtney Jensen said. "You might be able to have alcohol at administrative functions but I am not 100 percent sure."

According to university policies, the only way alcohol can be present on campus is if it is approved by the president.

There are many events the president approves alcohol for, such as at sports games or Christopher Coban Performing Arts Center (PAC) events.

Take me out to the ball game ... to drink

For several years, sporting events, or other special occasions, have received approval by the president to serve alcohol. Most recently, alcohol was approved to be served in a fenced off area at the Cal Poly tennis team's home match on March 6, 2011. PHil Webb, the associate director of athletics, said this event included a wine tasting for booster club members only.

"This event was approved under the conditions and restrictions that apply to similar events such as fenced off areas that only Tennis Booster Club Members can enter, all participants being 21 and up with proof of identification, etc."

Webb said there were many regulations to follow in order to get approval:

Cal Poly President Jeffrey Armstrong's chief of staff Matthew Roberts said students were not allowed to attend the wine tasting event, only booster club members. Webb also said that, technically, membership for booster clubs is open to all. However, the cost varies based on the benefits an individual wants to receive. If a student wanted to be a booster member, they technically could. Other Cal Poly sports such as football, baseball and basketball all follow the same rules when it comes to serving alcohol.

Even though alcohol has been present at sporting events for a long time, other areas on campus are starting to serve alcohol as well.

These areas must undergo the same process that sporting events do. "The PAC sometimes serves alcohol at specific events, but again, these events must be passed by the president," Roberts said.

Sports and entertainment facilities on campus have always been allowed to have alcohol with the president's approval. Roberts said; however, there are some new areas on campus that have recently changed their alcohol policies.

Adding to regulations

There are several places on campus that serve alcohol that students don't generally know about.

The first is in Poly Canyon Village (PCV). Executive director of University Housing Preston Allen said the Cal Poly Housing office tries to offer the most diverse housing possible by keeping up with new trends and age groups. He said when PCV was opened...
event called "Brown Bag Night." At this event, he sat in a circle with 16 other pledges and was told to drink large quantities of alcohol out of a brown bag. The fraternity brothers chanted "puck and rally," screaming at the pledges to drink and encouraging them to vomit, Julia said.

At some point in the night, Starkey became unresponsive. Some SAE members Googled the signs of alcohol poisoning, put him in a car and started to drive to Sierra Vista Regional Medical Center. But they did not go through with the plan out of fear of getting themselves and their organization in trouble, Scott said.

Starkey was brought back to the hospital. His main concern is students' safety.

Julia and Scott have previously worked with the senator to pass the Carson Starkey Alcohol Awareness and Education Act, all public schools in Texas teach about alcohol poisoning as part of the science curriculum. It wasn’t just Cal Poly that lost one of its own — Texas did as well.

"Our main goal is to encourage our students to be safe, and we know that, if students get to the ER, the medical interventions will be highly effective."

Efforts such as the partnership with Sierra Vista Regional Medical Center are some of the positive results coming from such a tragic loss.

"We came up with a bike rack as a memorial because Carson loved cycling and the outdoors," Scott said.

"It was something that would be used every day by lots of students." At the bicycle rack dedication, English professor and poet laureate of San Luis Obispo James Cushing read three pieces. He recited A.E. Housman's "To an Athlete Dying Young," Thom Gunn's "Serena" and a few lines from William Wordsworth's "Immortality Ode."

Being part of the public mourning for Starkey was an emotional experience, Cushing said.

"It was an interesting task; there was going to be me and the parents of a dead boy, and I get to read a poem that will touch them," Cushing said. "I looked directly into his mother's eyes. Have you ever looked directly into the eyes of a mother whose 18-year-old son has been killed? You'll never forget it as long as you live."

Also attending the dedication ceremony was business administration sophomore and IFC vice president Sean O'Brien, who helped unveil the bicycle rack.

"It's crazy to think those parents could have been my parents," O'Brien said. "I was sitting right behind them in the audience, and the mom was crying — it was very intense. It's scary how it could have been anyone."

O'Brien said he has seen a change in Greek life. There is no hazing, a lot less alcohol involved in fraternity events and everything is stricter, O'Brien said.

He meets weekly in a group setting with the 17 new member educators, the fraternity members that teach the pledges about their specific houses and Greek life. At the meetings, O'Brien talks with the different fraternities about what they have planned for the week to make sure nothing illegal takes place.

"A lot of them just don't know what's legal and what is not," O'Brien said. "Like going on a scavenger hunt is considered hazing, even if there is no alcohol involved. They have the toughest job because they are managing 15 to 30 new guys. The liability is on them. If their guys get in trouble because they are not held responsible, that's what I have to teach them."

In addition to these weekly meetings, O'Brien gives a mandatory presentation for all new Greek members to attend. The two-hour presentation focuses on Starkey’s story, hazing, alcohol abuse, gender equity and sexual assault.

"The presentation is pushed hard."
The Mustang Daily staff conducted a random pull online and in person at all Cal Poly campus students about their alcohol consumption habits.

### Number of drinks students consume on average:

- 9 or more drinks: 4%
- 5-8 drinks: 21%
- 3-4 drinks: 59%
- 1-2 drinks: 25%
- I abstain from alcohol completely: 14%

### On occasions when students drink the most:

- 26% consume 9+ drinks
- 39% consume 5-8 drinks
- 18% consume 3-4 drinks
- 14% abstain from alcohol completely
- 3% consume 1-2 drinks

### Do you consider Cal Poly to be a party school?

- Sometimes: 51%
- No: 34%
- Yes: 15%

### Form of alcohol most frequently consumed:

- Beer: 29%
- Hard liquor (shots): 27%
- Hard liquor (mixed drinks): 16%
- Wine: 14%
- I abstain from alcohol completely: 14%

Percentage of students mentioning:

- Nausea: 64%
- Dizziness: 63%
- Headache: 62%
- Vomiting: 59%
- Memory loss: 52%
- Passing out (loss of consciousness): 22%
- I abstain from alcohol completely: 13%
- Other: 9%

Have you ever had to seek medical attention due to alcohol consumption?

- I abstain from alcohol completely: 12%
- Yes: 85%
- No: 2%

Motivation to drink alcohol:

- 83% to drink socially
- 48% to feel the effects of alcohol
- 43% to enjoy the taste
- 35% to relieve stress
- 14% to abstain from alcohol completely

Our culture has placed the consumption of alcohol on such a high pedestal that after choosing to refrain from drinking and parties, I find it difficult to have friends that don’t drink every weekend.

- Mustang Daily random poll participant

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### CALL FOR DISTINGUISHED EDUCATOR AWARD NOMINATIONS

The Cal Poly chapter of the California Faculty Association (CFA) is seeking nominations from students, faculty and staff for the “Distinguished Educator Award.” The award is given to recognize faculty who are not yet tenured. Tenure track faculty, librarians, coaches and counselors are ineligible for many teaching awards the university presents, yet they deserve recognition for their teaching, professional activities and service to the university.

**Criteria:** teaching excellence, outstanding professional development, and outstanding service.

Please provide specific examples that support your nomination and include the name of the nominee and department as well as your name and department and contact information.

**Nomination Deadline:** May 20, 2011

To nominate someone send your nomination through campus mail to:

Dorothy Pippin
CFA Office
Building 38-141

or email to dpippin@calpoly.edu

Award winners will receive $500.00 and a plaque. These awards will be presented at the CFA end of the year barbeque to be held at Cuesta Park during finals week.

Previous award winners are not eligible. The following list of award winners is provided.

- Mary Armstrong
- Jon Beckett
- Richard Besel
- Dawn Chandler
- Christopher Clark
- Cynthia Crother
- Vincente Del Rio Nascimento
- Dianne DeTurris
- Thomas Disanto
- Aleshia Doan
- Lorraine Donegan
- Barbara Jackson
- Jodi Jaques
- Barry Jones
- Steven Kane
- Jane Lehr
- Elsa Medina
- Scott Patton
- Lynn Moody
- Jaymie Noland
- Dylan Retsek
- Emily Taylor
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- Visit the Hot Springs near Avila Beach
- LASER TAG!
- Go 4-Wheeling at the Pismo Dunes
- Franks Mini Burger Challenge chomp down 10 mini burgers and get a t-shirt!
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Word on the Street
Do you consider Cal Poly a party school? Why or why not?

“Parts of it — go anywhere and you can find a party, but I wouldn’t define it as one.”
— Brandon Shirck, recreation, parks and tourism administration senior

“I don’t think it’s a hardcore party school, but I’m not much of a partier. I’m sure there are parties but nothing insane.”
— Samantha Aragon, English junior

“Cal Poly is one of those well-kept secrets that it is a party school. People come here for academics, and they get their stuff done, but then comes Thursday, Friday, Saturday and sometimes Sunday. It’s really what you make of it.”
— Lucas Thoma, history senior

“No, I think people here know when it is time for work and time for play. So maybe the time after finals people party.”
— Leslie Edwards, architectural engineering junior

“I’d say we’re both. Friday night you’ll see people partying, but people also take it seriously here, otherwise we wouldn’t be here.”
— James Placius, biological sciences junior

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Starkey
continued from page 2

from the beginning,” O’Brien said. “Every single person knows about Carson’s story and knows what can happen from drinking.”

Although the presentations and weekly meetings are helping, there have been some incidents of excessive alcohol consumption.

“There have been mishaps since Carson Starkey — there have been guys that have gone to the hospital, but I think that’s a good thing,” O’Brien said. “It shows that even though they got out of hand and a little too sloppy, they knew the right thing to do. The presentations are helping, especially with the safe zone.”

For Julia and Scott, their efforts do not stop at greek life or the local vicinity of San Luis Obispo. The way alcohol consumption is viewed is not just a fraternity problem but requires a much broader cultural change, Scott said.

“We want to let the awareness and the sense of community that Carson’s death has created to be carried out to the rest of the world,” Scott said. “Let’s let SLO and Carson Starkey and the story be an example to the next town and the next town. Let’s not let it stop in SLO.”
Chocolate: more than just a tasty treat

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

June and Mustang Daily food

This delicious dessert that makes up more than half of all candy in the United States actually originated with a very different purpose, and still serves more function than just satisfying a sweet tooth.

If only we grew up centuries before the days of the ancient civilizations of the Mayan, Aztec and Olmec people, then our dreams of money growing on trees would finally come true. Yes, that’s right, the Mayans and Aztecs grew money on trees.

The cacao (cocoa) bean — what we harvest in order to make chocolate — was used as a form of currency. Chocolate was also used in religious ceremonies and to make an unsweetened drink called xococotl, the benefits are not only enough to keep chocolate in your diet but impressive enough to deem chocolate a superfood.

As a fellow sweet tooth, believe me, I am more thrilled with this news. But it must be taken with a grain of salt — not to mention, chocolate tastes delicious with a pinch of course sea salt.

For the most flavorful chocolate experience, be sure your chocolate is coarse sea salt.

"Yes, that’s nice and all, but what about the health benefits?”

Sure, the high amounts of sugar found in candy bars such as Snickers, Milky Way and 3 Musketeers are not only enough to keep chocolate in your diet but impressive enough to deem chocolate a superfood.

As a fellow sweet tooth, believe me, I am more thrilled with this news. But it must be taken with a grain of salt — not to mention, chocolate tastes delicious with a pinch of coarse sea salt.

The potential health benefits found in chocolate are reserved to serving sizes of only 2 to 3.5 ounces a day, and don’t apply to white or milk chocolate. This means look to dark chocolate for the real benefits, and don’t plan on eating a pound or two a week.

Chocolate is still a fairly high calorie and high fat food — although 1/3 of the fat present (palmitic acid) is associated with negative effects on cholesterol, the other 2/3 fat present in the forms of oleic and stearic acid, have either a neutral or beneficial effect on cholesterol. Since it is a high calorie/fat food, you must properly balance your diet to accommodate an increased calorie/fat intake when consuming chocolate.

Don’t get fooled into thinking that just because you are limited to dark chocolate for the best health benefits you are limited in flavor. Dark chocolate contains more than 300 different compounds and chemicals that contribute to its complex flavor and delicious taste. In fact, chocolate is so complex, it requires a 10-step system to taste it properly.

I will leave the whole 10-step series for you to discover, but I will highlight just a few steps.

Before tasting, melt a little chocolate by rubbing it between your fingers in order to release odor compounds that will enhance your tasting. By adhering to these few, simple techniques, you can begin to improve your chocolate tasting experience. Most importantly, remember to take a moment to actually taste the chocolate. Don’t just scarf it down while watching a movie or running out the door — take a moment to taste it.

I am sure some of you are thinking, “Yes, that’s nice and all, but what about the health benefits?”

For you health nuts, chocolate contains high amounts of antioxidants in the form of flavonoids. In fact, chocolate has nearly eight times the amount found in strawberries. A quick reminder, antioxidants help fight free radicals and keep you healthy.

Recent studies and science suggest, to the excitement and acceptance of a multitude of chocolate connoisseurs, that the benefits are not only enough to keep chocolate in your diet but impressive enough to deem chocolate a superfood.

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THE COLD HARD FACTS

How much alcohol are you actually drinking?

Based off data gathered from a National Institute on Alcohol Abuse and Alcoholism publication.

Alcohol poisoning

How to detect it and what to do

Alcohol prevents involuntary functions of the body from reacting properly, according to the National Institute on Alcohol Abuse and Alcoholism (NIAAA). So, when a person drinks excessively, their ability to breathe as well as control their gag reflex can be inhibited. Coupled with alcohol's irritation to the stomach, it can lead to an unconscious person choking, potentially to death, on their own vomit. Alcohol poisoning can also cause seizures and stop both breathing and heartbeats.

Critical signs and symptoms of alcohol poisoning:

- Mental confusion, stupor, coma or person cannot be roused
- Vomiting
- Seizures
- Slow breathing (fewer than eight breaths per minute)
- Irregular breathing (10 seconds or more between breaths)
- Hypothermia (low body temperature), bluish skin color, paleness

What to do if you suspect someone has alcohol poisoning:

- Know the danger signals
- Do not wait for all symptoms to be present
- Be aware that a person who has passed out may die
- If there is any suspicion of an alcohol overdose, call 911 for help. Don't try to guess the level of drunkenness.

What can happen if alcohol poisoning goes untreated:

- Victim chokes on his or her own vomit
- Breathing slows, becomes irregular or stops
- Heart beats irregularly or stops
- Hypothermia
- Hypoglycemia (too little blood sugar) which can lead to seizures
- Untreated severe dehydration from vomiting can cause seizures, permanent brain damage or death

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Please drink responsibly
America: an overprescribed nation

H. Gilbert Welch is a practicing physician and professor of medicine at the Dartmouth Institute for Health Policy and Clinical Practice.

One of the first things we were taught in medical school was the pivotal role of thresholds in governing the human body. To trigger a nerve to fire or a muscle to contract, there must be a stimulus of electrical activity that exceeds a threshold value. If the threshold value is too low, muscles go into spasm and deadly rhythms develop in the heart. Low thresholds, however, aren't just for a patient's individual health. They are increasingly a problem for the health of our medical care system.

The threshold for diagnosis has fallen too low. Physicians are now making diagnoses in individuals who wouldn't have been considered sick in the past.

Part of the explanation is technological: diagnostic tests are able to detect biochemical and anatomic abnormalities that were undetectable in the past. But part of the explanation is behavioral: We look harder for things to be wrong. We test more often, we are more likely to test people who have no symptoms, and we have changed the rules about what degree of abnormality constitutes disease (a fasting blood sugar of 130 was not considered to be diabetes before 1997; now it is).

Low diagnostic thresholds lead people to believe they are healthy, when they are not. Not surprisingly, some subsequently feel less well. In short, low diagnostic thresholds introduce more "false" diseases into the population. Does that sound like a good thing for a "health care" system to do?

Diagnostic thresholds are set too low and lead in turn to a bigger problem: treatment thresholds that are too low. Diagnosis is the critical entry step into medical care — getting one tends to beget treatment. That's a big reason why we are treating millions more people for high blood pressure, diabetes, osteoporosis, glaucoma, depression, heart disease — and even cancer.

To have any hope of controlling healthcare costs, doctors will have to raise their diagnostic and treatment thresholds. And higher thresholds would be good for more than the bottom line. Less low abnormality and overtreatment of disease would return millions of Americans to normal, healthy lives. That's higher. Higher thresholds could well improve health.

To understand why, consider the marginal patient, the person who has been turned into a patient because of a lower threshold. She is a woman, say, who now tells her osteoporosis, a loss of bone density that might lead to osteoporosis. This is a condition that wouldn't even have been noted in the past, but because of more bone density testing, it is now identified. Or he is, perhaps, a man who has been told he has prostate cancer of a type that wouldn't have been detected before the advent of the PSA test and a change in the way about what constitutes an abnormal test and triggers a biopsy.

The woman may have a bone density that is, in fact, average for her age. Perhaps more surprising, the man also may have a cellular finding that is average — more precisely: typical — for his age.

Both are at extremely low risk to experience their "disease" in their lifetime. Consequently, the potential for treatment to help is extremely low, much lower than for patients diagnosed and treated using a higher threshold.

Another way to look at it is this: These marginal patients are at extremely high risk not to benefit from treatment. Diagnostic thresholds that are set too low lead in turn to a bigger problem: treatment thresholds that are too low. Diagnosis is the critical entry step into medical care — getting one tends to beget treatment. That's a big reason why we are treating millions more people for high

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Both are at extremely low risk to experience their "disease" in their lifetime. Consequently, the potential for treatment to help is extremely low, much lower than for patients diagnosed and treated using a higher threshold.

Another way to look at it is this: These marginal patients are at extremely high risk not to benefit from treatment. Diagnostic thresholds that are set too low lead in turn to a bigger problem: treatment thresholds that are too low. Diagnosis is the critical entry step into medical care — getting one tends to beget treatment. That's a big reason why we are treating millions more people for high

News主帅 W. H. Gilberj Welch is a practicing physician and professor of medicine at the Dartmouth Institute for Health Policy and...
Dry
continued from page 1
it was a "whole new ball game." PCV houses everyone from freshmen to 30 and 40-year-olds.
With such a wide range in age groups, we have to expand our offerings," Allen said. "There are 27 apartment, out of 614, where all students are over 21 years old."
In order to adapt to the older students' needs, the housing office decided upon regulations for PCV.
"If all of the students in a specific apartment are 21 or older, they can choose to sit down with their coordinator of student development as a collective and discuss alcohol policies and safety," Allen said. "They talk about outcomes, alcohol abuse, effective communication, clear behavior guidelines and choices and consequences if rules are violated."
Aside from the normal alcohol regulations, in PCV students are not allowed to consume alcohol from any common source.
"This includes having a 'kegger' or a bowl of alcoholic punch," Allen said.
Allen also said there have not been many alcohol related problems in PCV, which is why they continue to allow the special alcohol policies to exist.
PCV is not the only place on campus where students can enjoy an alcoholic beverage.

The presence of alcohol at Cal Poly's Sage Restaurant is also relatively recent. "Sage only serves alcohol at special events that are approved, just like everywhere else on campus," Roberts said.
However, Campus Dining marketing and public relations manager Yukie Nishinaga contradicted Roberts' statement.
"Sage has a wine and beer menu available at dinner to absolutely anyone who is 21 or older, including students," Nishinaga said.

Students ask why with Cal Poly approving more situations where alcohol can be present, some students are starting to get frustrated with all of the pressures against drinking.
"Some students are confused with the rules and regulations dealing with alcohol, and the approval process. Cal Poly's greek system is an example of a group of students affected by these policies," Construction management senior Sean Jordan is the internal social events manager for the Phi Kappa Psi fraternity. Jordan was Phi Psi's president last year and dealt with university pressures on the use of alcohol, hazing and partying.
"It obviously has something to do with the negative stigma toward greeks," Jordan said. "Sports and PAC events make money for the school, so it seems that they are held to a different standard."
Jordan said he doesn't blame the university for rewarding organizations that benefit the university, especially since they are the greek system as a huge risk.
Despite student concerns, Roberts said Cal Poly is trying to assure students it is a still a dry campus.
"I attended Cal Poly in 1979, and the rules were the same then as they are now," Roberts said. "Cal Poly is a dry campus, especially if you compare it to other schools such as UC Davis."

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If you are interested in any of the above positions please send a resume and at least clips to kaytlynleslie.md@gmail.com or drop off in the Mustang Daily newsroom, Graphic Arts building 26 room 226. Job descriptions are available on MustangOBS.com.

Cal Poly's student radio station KCPR 91.3 is looking for a News Director. The News Director will lead and manage public affairs through the planning, production, and generating of innovative, original news content from the greater San Luis Obispo area and interfacing with the community. The News Director will assists with news programming decisions and news operations along with managing news planning, reporting, editing, and production, while closely working with the Mustang Daily, and other facets of Cal Poly Journalism. Responsibilities include editing, planning, reporting, and understanding of news planning, reporting, editing and production.

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13. Watch tower
14. Part of the law
15. Middle name
16. Clue for the answer
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Los Angeles Lakers look to get younger after series loss to Dallas

David Wharton

LOS ANGELES — Kobe Bryant might have put it best, slumping before the microphone in a black sweatshirt, minutes after the Los Angeles Lakers had been drummed out of the NBA playoffs.

"It's a little weird for me to think about what next year's going to look like," the superstar guard said.

This summer could bring momentous changes to Southern California's pre-eminent sports franchise, a team that had dominated pro basketball for the better part of three seasons.

Magic Johnson, the former Lakers star and current team vice president, has said the front office might need to "blow up" the roster and start anew, but others suggest less-drastic measures.

"They need new tires, new windshield wipers," said Kenny Smith, a former player and current studio analyst for TNT. "They don't need a new engine."

If nothing else, the Lakers face questions that all successful teams must eventually answer, deciding when to remodel and how to keep the good times rolling. The art of tinkering with a sports dynasty, it seems, can be tricky.

The final decision on how much the Lakers need to be reconfigured rests with owner Jerry Buss and his son, Jim, the team's executive vice president of player personnel, working in conjunction with General Manager Mitch Kupchak. They will be operating in the uncertain environs of a likely work stoppage sometime next month.

Most of the key players are signed to contracts through 2013 and beyond. The Lakers already have the league's highest payroll at $91 million — pushing them too far over the salary cap to afford a top free agent — and they have no first-round pick in next month's draft.

"Do the Lakers have some areas they need to address?" said Jeff Van Gundy, a former NBA coach who works for ESPN. "Absolutely. Just like every other team in the NBA."

Basketball players can begin to slow in their 30s and the Lakers have the added wear-and-tear of consistently reaching the NBA Finals — 77 extra games, nearly an extra season's worth, in the last three years. Their embarrassing loss to the Dallas Mavericks in a Western Conference semifinal series — a four-game sweep — exposed other weaknesses.

They suffered from a lack of quickness and athleticism, especially in the backcourt with 36-year-old guard Derek Fisher.

Even Bryant occasionally stumbled as some observers began to question the lifespan of an exceptional athlete who has played nonstop since graduating from high school in 1996 and jumping directly into the rigors of the big leagues.

The last time the Lakers required a major overhaul — not long after winning five championships through the late 1980s — there wasn't much choice but to start from scratch because such core players as Johnson, Kareem Abdul-Jabbar and James Worthy were clearly nearing the end of their careers.

Even with this certainty, more than a decade passed before the franchise returned to greatness by trading for the just-drafted Bryant and signing center Shaquille O'Neal on the free-agent market.

When O'Neal left in 2004, the Lakers resorted on the fly, drafting a young center in Andrew Bynum and acquiring such veterans as Gasol and Lamar Odom. Sure for one season in the middle of this latest run, they also had Jackson at the helm.

The coach, who had previously won six titles with Michael Jordan and the Chicago Bulls, turned out to be a perfect fit for similarly talented-laden rosters in Los Angeles.

"I grew up under him," Bryant said. "The way I approach things, the way I think about things, not only in basketball but in life, a lot of it comes from him."
Need a summer class?

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Free throws, field goals and beer bottles
A look into alcohol's effect on athletes

David Liebig
DMTELEGIBIVV3@GMAIV.COM

Drinking alcohol can take a toll on anyone's body.
Athletes, however, carry particular health responsibilities and make the decision to drink based on team policy, the need to stay hydrated and — like everyone else — the law. Still, many college athletes drink. Approximately 80 percent of college athletes in the U.S. said they drank alcohol at least once over a 12-month period, according to an ESPN article by New York University medicine professor Dr. Gary Waldorf.

To discourage players from adding to that statistic, some Cal Poly sports teams have adopted no-alcohol policies during their respective seasons. Cal Poly softball head coach Jenny Condon said she has a "dry season" policy, which applies to all players on the team regardless of age. Recriminations for violating the dry season are considered on a case-by-case basis.

"The punishment (for drinking) can be anything from community service and education classes to suspension or removal from team and loss of scholarship," she said.

Condon said she does not want her players drinking during the season because it is counter-productive, even for the three members of her team that can do so legally.

"(Alcohol) destroys everything that you're trying to build up when you're practicing, training and lifting weights," she said. "It's just not a good idea." She said her players mostly agree that drinking during the season is a bad choice and honor the dry season because they are serious about wanting to succeed.

Pitcher and designated hitter Anna Cahn said the team's main priority during softball season is doing well on the field.

"This is my last year of softball ever," she said. "I want to do the best I can. Socially, I'm not really focused on (drinking). I'm just really focused on softball and school."

Cahn also said it's easy to honor Condon's policy because, as a nutrition senior, she has learned about alcohol's side effects in class.

"When you have over two drinks in one sitting, it converts directly into fat," she said.

If you truly care and want to be successful, players during the year stay away from alcohol.

— David Hanson
Men's basketball junior forward

see Drinking, page 15

Baseball falls to Saint Mary's

The Cal Poly baseball team dropped its second consecutive game Tuesday, falling to Saint Mary's 11-1. Starter Eugene Wright pitched 4 2/3 innings and gave up five runs off five hits in the loss. The Mustangs had just four hits against the Gaels, with no batter racking up more than one. Cal Poly scored its only run of the game in the second inning, when outfielder Mitch Hanniger belted a solo home run to left center. The Mustangs return to action this weekend to take on UC Davis.