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Pink and Dude Chefs serves nutrition to local students

Katie Veenstra

SPECIAL TO THE MUSTANG DAILY

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

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

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

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

"There was a lot of research targeting ele-

mentary schools and high schools, but there was this gap in the research for middle school kids, particularly middle school girls," Miller said.

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

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

"We want to increase the self-efficacy of middle school stu-

see Chefs, page 3

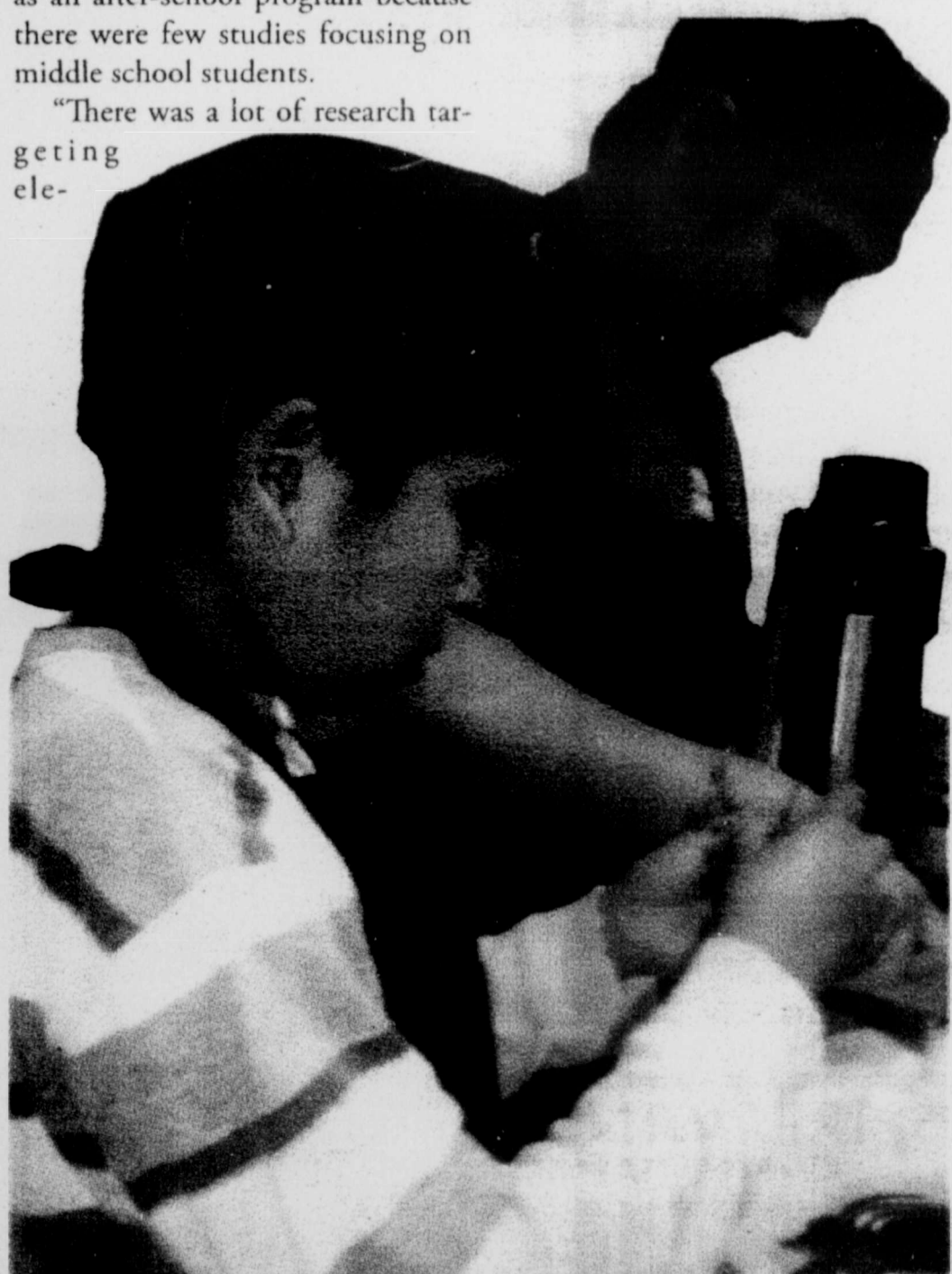


PHOTO COURTESY OF PINK AND DUDE CHEFS
The Pink and Dude Chefs, which began in 2008, teaches local middle school students how to create healthy meals.



ALICIA FREEMAN MUSTANG DAILY

Nancy Wilcher, an IS senior, came back to complete her bachelor's degree after more than 10 years away from Cal Poly.

Adult education could be discontinued

Alicia Freeman

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

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

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

"Cal Poly Continuing Education is not an academic college, so it is not equipped with the faculty

and staff necessary to provide these supporting elements," Tietje said.

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

Ron Supat, an interdisciplinary studies senior about to graduate, said he and his peers did not "fit into (Tietje's) marketing plan," a response which contrasted the argument that Continuing Education is not able to sustain ADP students effectively. Supat also said he did not think he and his fellow peers were the most highly

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

— Nancy Wilcher
Interdisciplinary studies senior

and budgetary rationale for bringing (ADP) into one of their colleges," he said.

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

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

valued students by Tietje.

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

Tietje did not mirror Supat's feelings and said Continuing Education "remain(s) committed to student success and will do everything we can to help students complete their degree in a timely manner."

Cecelia Teniente, an interdisci-

see Adult Education, page 3



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Adult Education

continued from page 1

plinary studies junior, said she was upset because there are no other programs in the area that offer what ADP does — a bachelor's degree in person.

"This is the only one in the community that does that and to shut it down is a disservice to not only us, but to the community and our families, our friends, anybody who had something in their life that held them back and need a second chance," Tieniente said.

Nancy Wilcher, an interdisciplinary studies senior with three classes to complete before graduation, said she was one of those people "who needed a second chance." Wilcher received her associate degree at Cuesta Col-

lege before transferring to Cal Poly in 1994." However, due to "personal problems and poor study habits," Wilcher stopped attending Cal Poly in the fall of 1995.

"I have always regretted never finishing my bachelor's degree, and attending Cal Poly has made my dream of finishing come true," Wilcher said. "I have made the dean's list twice since being admitted back into Poly in 2008. Needless to say, I was a different student in my 20s than today in my 40s."

For those not ready to graduate, Tietje said those students will still be provided the classes they need to graduate by spring 2012. Remaining students will be issued a tentative schedule of classes to finish their degree.

"Student success and completion of degree is our top priority," Tietje

said.

Supat said he worries about those remaining having more regimented schedules.

"Most of us here will not get stuck in this," Supat said. "We are pretty much guaranteed that we are going to graduate and get the classes we need, but half of us here ... won't have the choice between what classes they take in order to get their degrees."

However, Tietje said Continuing Education "carefully reviewed every student's program of study to develop our planned schedule." Tietje also said ADP classes will still be offered in the evening for students who work and have families.

The process of discontinuing a program is not a short one. According to the "Policies and Procedures for Discontinuance of an Academic Program," the process can last up to

47 weeks. There are a series of steps, starting with a proposal being sent to the Provost or Vice President for Academic Affairs. Then a committee is made in order to decide whether the program should be discontinued.

There are two steps to the review of programs (with a period in between where positions of both sides are examined), which leads to a "final document" being drafted where the final decision by the committee is edited to be sent back to "the Provost, the Academic Deans Council and the Academic Senate." From there, the Provost, Academic Deans Council and the Academic Senate send their recommendation to the president. The president will then submit his own recommendation to the Chancellor's Office, which has the final decision on whether to discontinue a program.

The lengthy discontinuation process provides both sides to share their opinions, Tietje said.

"I understand and appreciate the passion that faculty and students are expressing about the Adult Degree Program," Tietje said. "The formal program discontinuation process that has been established by the Academic Senate at Cal Poly will ensure that these passionate voices will be heard and carefully considered before a final decision is made at the university and recommendations are submitted to the Chancellor's Office."

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

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

Chefs

continued from page 1

dents and cooking in the kitchen," Miller said. "We want them to feel confident in the kitchen, and reading recipes and creating meals for their families."

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

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

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

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

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

hour and a half cooking session.

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

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

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

Wesley Maddox, a seventh grade student at Mesa Middle School, said of all the things they do in the program, the best experience happens in the kitchen.

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

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

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

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

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

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

"We have them make a lot more than just one serving of the foods

they're making because we want them to take it home to the parents and try it because if the parents don't try it, they're not going to go spend their money buying the ingredients for the recipe," Miller said.

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

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

Kanemaru, who does most of her work at Mesa Middle School, said that there are lessons about grocery shopping in the hopes that they will

affect what kinds of foods the families buy.

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

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

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

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

— Wesley Maddox
Mesa Middle School student

California Polytechnic State University ASSOCIATED STUDENTS, INC.

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

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Briefs

State

SACRAMENTO (MCT) — Student fees at the University of California would go up by 8 percent next school year under a proposal announced today by UC president Mark Yudof.

That would increase the price for a year at UC by \$822 to \$11,124. With fees individual campuses charge, the price rises to an average of \$12,150.

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

...

LOS ANGELES (MCT) —

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

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

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

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

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

National

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

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

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

...

ILLINOIS (MCT) —

U.S. Sen. Dick Durbin D-Ill. called on Monday for a federal probe of toxic diesel pollution trapped in Chicago's two major rail stations and inside the cars that carry commuters.

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

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

International

GERMANY (MCT) —

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

A worker with the train service had already found the Italian violin made in 1748 and placed it in safety by the time police swarmed into the train minutes later to hunt for the treasure. The owner recovered it undamaged.

The distraught musician needed medical treatment for a panic attack after exiting the train without his violin case Friday night. He was riding home from Munich international airport after the Asia trip.

...

ENGLAND (MCT) —

On Monday, five Anglican bishops announced they will accept an offer from Pope Benedict XVI to convert to Catholicism, primarily over their opposition to the Church of England's decision to ordain female bishops.

The five bishops spoke of their distress at developments in the Anglican church that they felt were "incompatible with the historic vocation of Anglicanism and the tradition of the Church for nearly 2,000 years."

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

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

Cargo from Yemen, Somalia prohibited after bomb scare

Brian Bennett

TRIBUNE WASHINGTON BUREAU

The U.S. expanded a ban on air cargo coming from Yemen on Monday in an attempt to seal security gaps exposed by the Yemen mail bomb plot. The ban will include Somalia and the U.S. announced that printer cartridges weighing more than 16 ounces will not be allowed on domestic and U.S.-bound international passenger flights.

U.S. officials have scrambled to tighten the international air cargo system after a Saudi intelligence tip two weeks ago enabled authorities to intercept two U.S.-bound packages from Yemen, both containing large printer cartridges packed with explosive powder and intended to explode in-flight.

One of the packages, discovered in Dubai, had flown on two passenger airliners before it was found.

Department of Homeland Security Secretary Janet Napolitano announced the new rules, which went into effect as a team of Transportation Security Administration inspection specialists in Yemen is conducting training and providing equipment to increase the level of scrutiny given to packages once the U.S. accepts shipments from there again.

As part of stepped-up cargo screening, DHS is also asking shipping companies to provide sender and destination data on cargo shipments to DHS sooner than the current requirement of four hours before landing on U.S. soil.

That information, combined with terrorism tracking data stored in the DHS-led National Targeting Center, could help identify packages that intelligence shows are

"high-risk" before they are loaded onto planes.

Under the current cargo protocols, high-risk packages may already be in the air bound for a U.S. airport before they are tagged for extra screening.

The makers of the mail bomb packages that were intercepted last month attempted to hide more than 10 ounces of the powdered explosive PETN inside printer cartridges.

PETN, which can be produced in a rudimentary lab or collected from existing munitions, looks like fine popcorn salt and has nearly the same consistency as powdered toner for a copy machine or printer.

Bomb experts said the amount of PETN found in the bombs would have produced a blast strong enough to bring down an airliner.

Most ink cartridges weigh less than 16 ounces, so banning large toner cartridges won't affect the vast majority of fliers and users of home printers.

The ban will help reduce the risk of a bomb hidden in a printer cartridge being smuggled onto a plane, said Dave Williams, a retired FBI bomb expert.

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

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

The number of air cargo packages typically headed to the U.S. each day from Yemen and Somalia can be counted in the tens and not hundreds, a DHS official said, so the impact of the ban is small.

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

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

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

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

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Williams and Eminem

— Ian McMurtrey,
architecture senior



"Mrs. Officer" by Lil' Wayne

— Kevin Cordes,
agricultural business
junior



"Promise" by Ciara

— Kimberly Phan,
biological sciences
sophomore



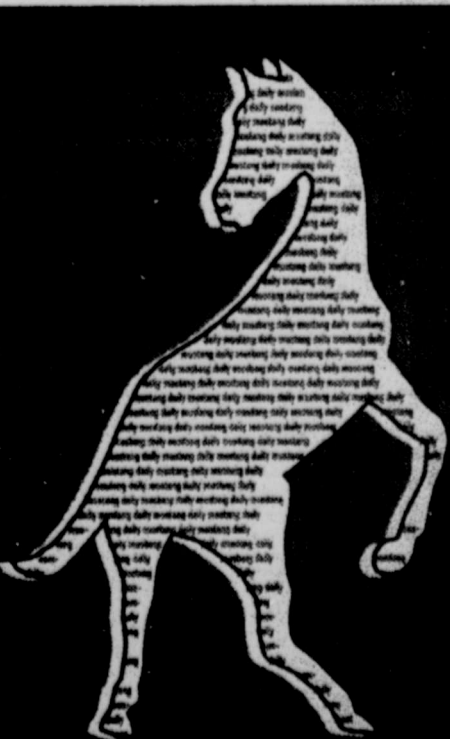
"Thunder" by Boys Like Girls

— Andrea Rich,
biochemistry junior



"The Night Before We Land"
by The Belshazzors

— Stephen Espinola,
computer science senior



Doctors to protest planned Medicare cuts

Noam N. Levey

TRIBUNE WASHINGTON BUREAU

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

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

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

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

minute.

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

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

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

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

Secretary of Health and Human Services Kathleen Sebelius told a

gathering of medical school leaders Monday that the Obama administration also backs a 13-month extension.

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

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

That will likely be difficult during a lame-duck session that figures to be dominated by an intensely partisan debate over extending the Bush-era tax cuts and passing a stopgap funding measure to keep the government operating into next year.

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Proposals to be made for America's largest wind energy project

Timothy B. Wheeler
THE BALTIMORE SUN

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

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

The turbines nearest to shore would be 10 nautical miles off Ocean City, Md. and 20 nautical miles off Assateague National Seashore.

The announcement by the Bureau of Ocean Energy Management, Regulation and Enforcement was hailed by Gov. Martin O'Malley, who has made developing offshore wind a centerpiece of his administration's energy policy. His administration has proposed developing one gigawatt of electricity-generating capacity off Maryland's coast, erecting more than 300 commercial turbines in phases.

O'Malley issued a statement calling the federal move "another step forward for Maryland's new economy." His administration has said developing one gigawatt of power offshore could support 4,000 manufacturing and construction jobs, plus 800 permanent jobs to operate and maintain the turbines and related infrastructure.

A formal request for expressions of interest from potential wind power developers is to be published in the

Federal Register on Tuesday.

The announcement makes Maryland the second state to get this far in the federal process of leasing the Outer Continental Shelf off its 31-mile coast for wind development. The bureau issued a similar request for interest for putting wind turbines off Delaware's southern coast earlier this year.

NRG Bluewater Wind has proposed erecting 450 megawatts' worth of electrical generation off Delaware, with the closest turbines 12 nautical miles (more than 13 highway miles) off Rehoboth. The 420-megawatt Cape Wind project in Massachusetts' Nantucket Sound was the first offshore development to win federal approval under a different process.

The O'Malley administration has pushed offshore wind as the main way to achieve the state's goal of getting 20 percent of the state's electricity needs from renewable power by 2022. The governor has joined with neighboring states' officials to push for rapid offshore wind development. O'Malley joined with Delaware's Gov. Jack Markell to urge the federal government to help by pledging to buy a significant amount of the power that would be generated.

The announcement caps nearly two years of planning by the state. The Department of Natural Resources worked with the Nature Conservancy,

a Washington-based conservation group, to map the waters off the state's coast and to identify areas where turbines or transmission cables might disrupt sensitive undersea habitat or over-water migration routes for birds. To avoid such areas, the state's task force, which began meeting earlier this year, dropped six potential leasing blocs, each measuring nine square miles.

Several blocs also have been ruled out to accommodate concerns from

Maryland wind area.

Once potential developers have had a chance to register their interest, the federal government will have to sort out any possibly competing bids, then begin evaluating the proposed projects more carefully for potential environmental impacts and for the strength of the winds in those locations.

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

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

Large commercial offshore wind turbines have generated concerns about their visual impact on tourist-dependent beach communities. State energy

spokesman Ian Hines said turbines built 10 nautical miles from shore likely would appear "fingernail-size" from Ocean City's boardwalk on clear, cool days. But the machines would be virtually invisible at that distance in peak summer tourism months, he contended, when humid air makes the horizon hazy.

Environmentalists and fishing interests also have expressed concerns that offshore turbines not destroy cold-water corals and other under-sea fish habitat. And though most birds tend to stay within a few miles of shore as they migrate up and down

the coast, officials have been urged to conduct more detailed studies of how an orchard of tall towers with rotating blades might affect birds or bats that may be that far offshore.

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

Nationally, the wind industry has hit a slowdown, with additions of new electric generating capacity falling earlier this year to its slowest pace since 2007, according to a recent announcement by the American Wind Energy Association.

Gohn acknowledged there has been a "lull" in turbine construction. He attributed it to the recession and low prices for natural gas, but added he believed the slowdown will be short-lived.

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

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

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

"We want to develop as fast as possible, but want to develop in a responsible way."

— Andrew Gohn

Wind energy expert, Maryland Energy Administration

the Department of Defense that turbines might interfere with flights or other operations at Patuxent Naval Air Station and NASA's Wallops Island space port on Virginia's portion of the Eastern Shore.

Andrew Gohn, wind energy expert for the Maryland Energy Administration, said other reductions in the area offered for leasing are likely to accommodate commercial shipping into and out of Delaware Bay. A shipping "exclusion zone" has been mapped out on the edge of Delaware's proposed offshore wind area, but that corridor ends at the northern boundary of the

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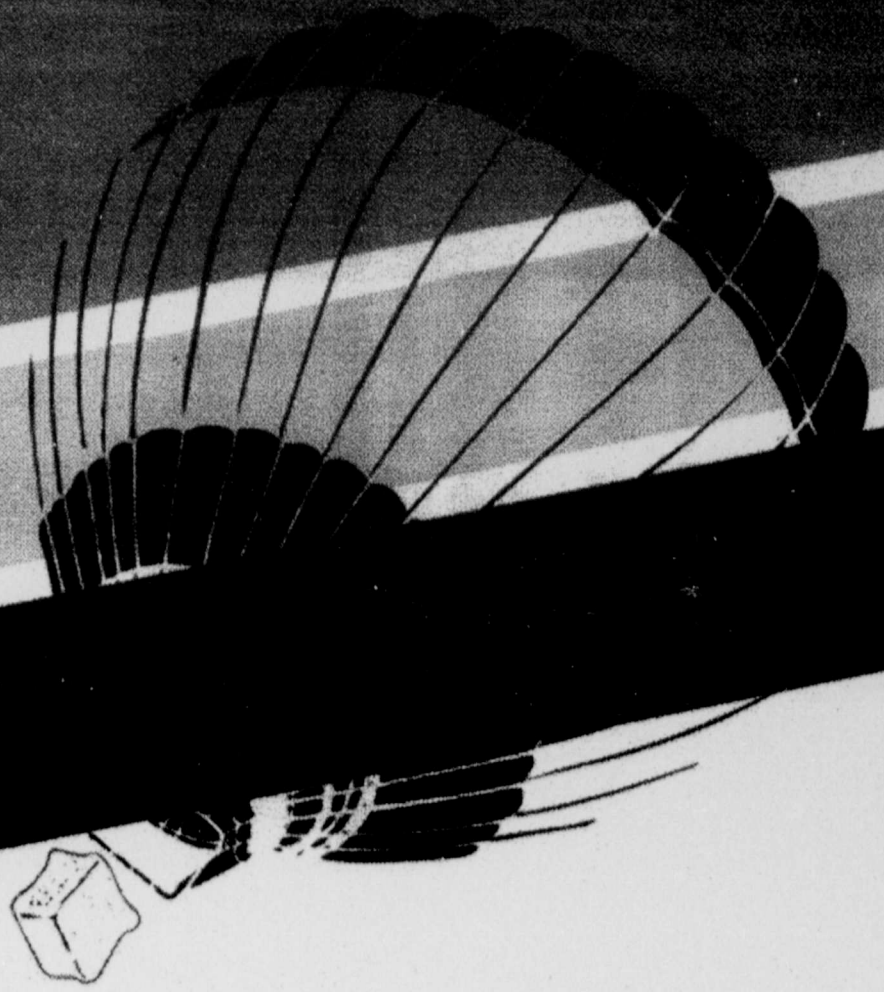
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Best Organic Grocery Store _____
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Best Central Coast Restaurant, OUTSIDE of SLO _____

Drink

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Best Happy Hour _____
Best Cocktail _____
Best Margarita _____
Best Beer Selection _____
Best Local Wine _____
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Best Local Winery _____
Best SLO Bar _____
Best Keg Deal _____
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Entertainment

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Best Place for Karaoke _____
Best Party Supply Store _____
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Best Place to Buy Music _____

Misc.

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Best Place to be Spoiled by Your Parents _____

Best Pet Store _____
Best Taxi Service _____
Best Flower Shop _____
Best Place for Your Parents to Stay _____
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Best Central Coast Event _____

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Best on Campus Study Spot _____
Best Book Store _____
Best Place to Buy School Supplies _____
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Best Off-Campus Housing _____
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Best Fraternity _____
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Best Tanning Salon _____
Best Place to Get a Facial _____
Best Place to Get a Massage _____
Best Place to Pamper Yourself _____

Best SLO Doctor _____
Best SLO Dentist _____
Best SLO Eye Doctor _____
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Best Place to Get an Oil Change _____
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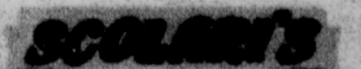
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Tattoo removal: reasons to rethink the tramp stamp

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

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

architectural engineering.

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

Yup, it is time for the obligatory “tattoo removal” article. In today’s

job market you will need every competitive edge you can muster — good luck finding a job looking like a freak.

You probably saw the advertisements during the first couple weeks of school about where to get your

neo-geek, hipster ass inked.

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

Let’s run through the basics, no nonsense, so you can take that costly decision and remedy it with an even more costly solution. In 2008, a Harris Interactive Poll on the motivation for tattoo removal found that 16 percent of respondents with at least one tattoo regretted getting at least one of their tattoos (though it should also be noted that 31 percent of the respondents also said 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 turbo!), 18 percent said they no longer like their tattoo and 16 percent said it was because their tattoo fades over time.

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

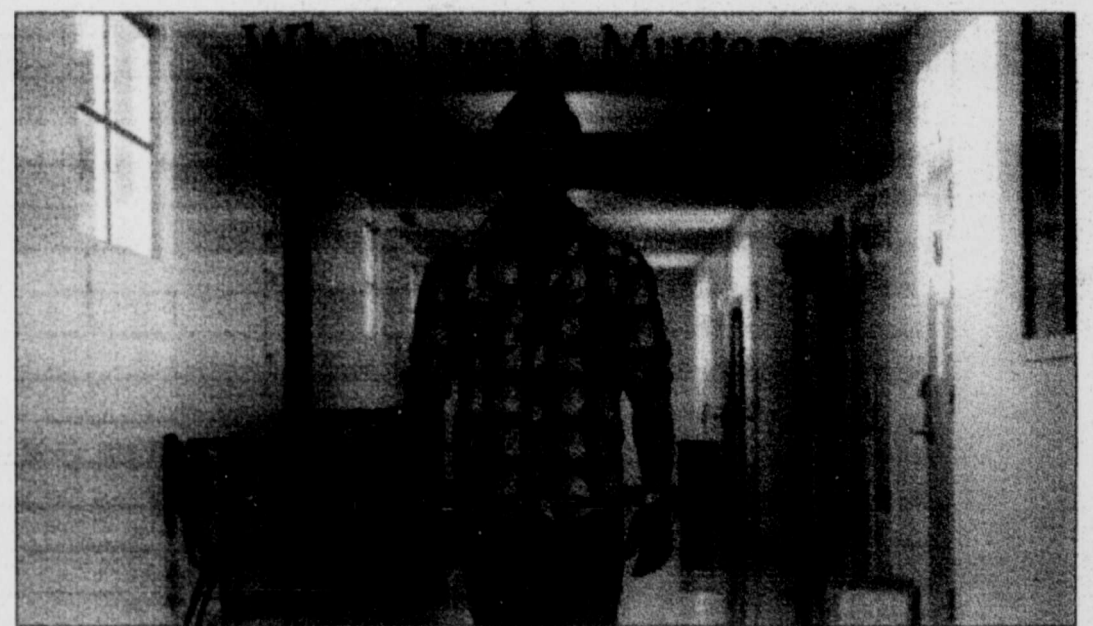
While these options are still

see *Tattoo*, page 10

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Crazy Jays Downtown SLO



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KPMG

3 Leg Torso to tell stories with wordless songs Sunday

Kelly Cooper

KELLYCOOPER.MD@GMAIL.COM

Portland-based "cinematic world chamber music" quintet 3 Leg Torso will come to Steynberg Gallery Sunday evening and bringing plenty of kooky sounds and stories with them.

The 14-year-old trio turned quintet — complete with a violin, accordion, percussion, mallet and double bass — has spread its name all over the radar, from scoring independent films to claiming the No. 12 place on Amazon's Top 100 Album list. With the release of its third instrumental album "Animals and Cannibals" earlier this year, 3 Leg Torso is beginning a sweep over the West Coast with the start of its tour.

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

"I was a composition major in college and was starting to write some strange music," Von Drehle said.

After a suggestion from a friend to get in contact with violin player Béla Balogh, Von Drehle went to the violin shop where Balogh worked, and asked if he wanted to team up.



PHOTO COURTESY OF SASKIA THOMSON

3 Leg Torso has been around for 14 years and has produced three albums complete with its "cinematic chamber music" — sans-lyrics.

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

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

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

The two would joke with passersby in Hungarian accents, Balogh said.

"People would ask us, 'Where are you from?' And we'd say, 'Well, do you know Bosnia? Well we are not from there' and 'Do you know Ser-

see 3LT, page 11

Hi, I'm Nancy.

My dean is submitting a proposal to the Provost and the Academic Senate to initiate the

discontinuation of the Bachelor of Arts in Interdisciplinary Studies degree program at Cal Poly.

I am sad to learn this as I feel it is an excellent program worth saving. I would like to invite you to

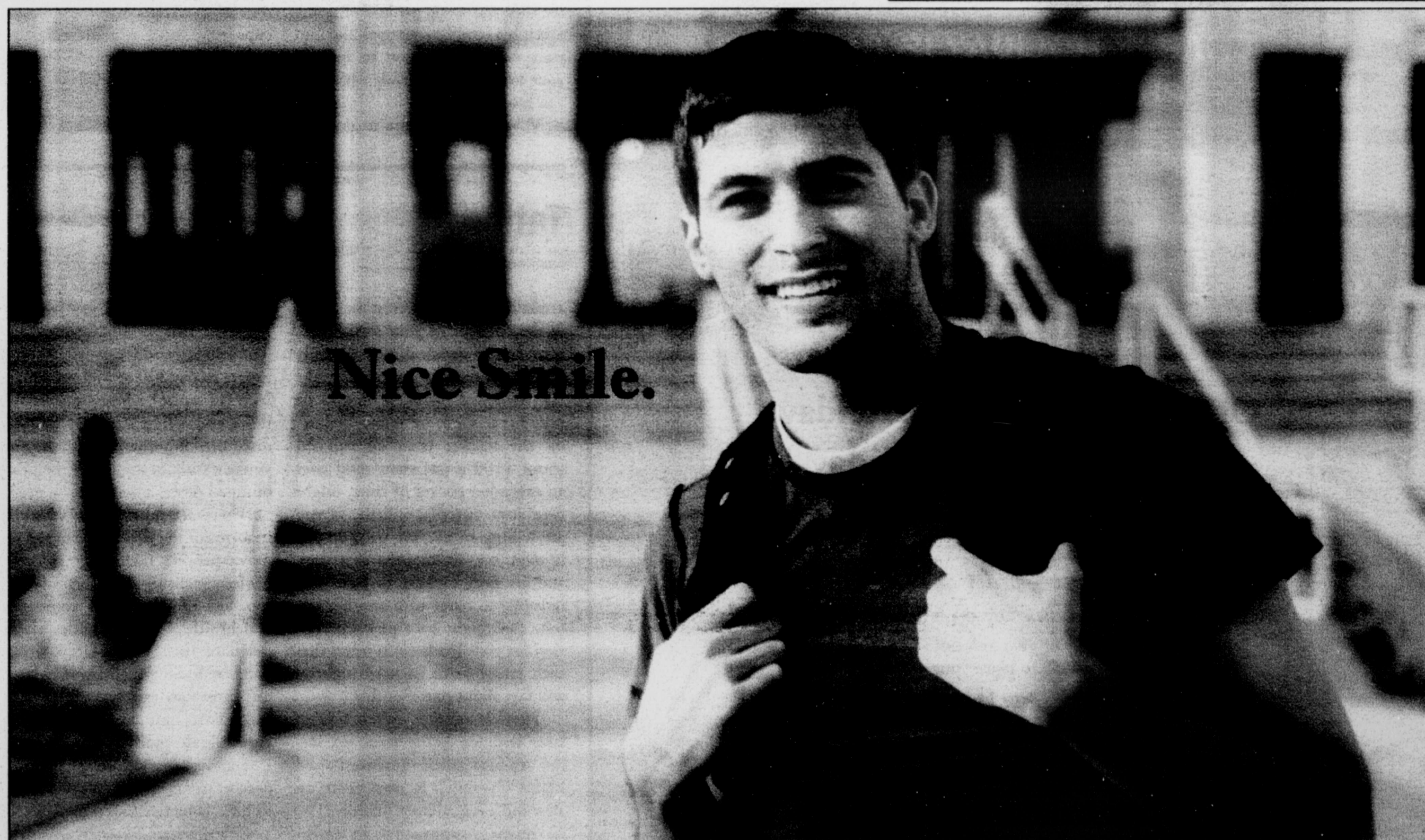
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Food Column

Winter weather brings the Chinese gooseberry to the table



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

Now that the time change has brought us back an hour and the weather is beginning to cool, a new

variety of fresh foods are in local markets.

This rainy weather has invited all the rich comfort foods of the holiday season to the table and sent the light tastes of summer packing.

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

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

golden California summer sun.

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

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

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

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

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

Whether you choose to sloop or

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

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

Kiwi Mint Lemonade

(Courtesy of kiwifruit.org)

1 cup (250 mL) water
 ½ (125 mL) cup granulated sugar
 ½ (125 mL) cup packed fresh mint leaves
 3 California kiwifruit
 2 to 3 lemons
 Sparkling water

In a medium saucepan, heat water with sugar over medium-high heat, stirring occasionally until sugar dissolves. Simmer, uncovered, five minutes. Remove from heat and add in mint leaves. Let stand 20 minutes.

Meanwhile, peel kiwifruit and cut into chunks. Place in a food processor. Blend in a pitcher. Strain cooled mixture into pitcher, pressing on mint, kiwi and lemon leaves to extract until cold. Squeeze juice from two lemons. Stir into kiwi mixture. Taste, squeeze in juice from remaining lemon for a tarter lemonade.

Pour into glasses. Top with sparkling water. Garnish with a slice of kiwi. Makes about 2½ cups (550 mL) of kiwi mint lemonade. Top with a slice of kiwi. Makes about 2½ cups (550 mL) of kiwi mint lemonade. Top with a slice of kiwi. Makes about 2½ cups (550 mL) of kiwi mint lemonade.

Winter 2011 Registration

Know Your Prerequisites

View the catalog description for a course to check its prerequisites before adding the class to your schedule. Many courses have prerequisites that are enforced in CPreReg during enrollment.

Check course descriptions in PASS or at www.catalog.calpoly.edu.

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Tattoo

continued from page 8

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 traditional Q-switched lasers — however, due to the cost, this is a procedure not many students would be in the market for unless you marry well.

Getting a tattoo removed is much more expensive than getting the tattoo itself. Generally (very generally), take 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 should expect to pay \$20 to \$70 per square inch (of tattoo) per session. I don't think you will be able to get a AAA discount anywhere, but saying you're a student might get the price bumped down a little bit.

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

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

see Tattoo, page 11

3LT

continued from page 9

bia? We are not from there," he said.

After the alter-egos wore off and the two started to get real recognition for their music, Von Drehle received a phone call from a friend who was learning the cello.

"He didn't say anything, he just played cello for about 10 minutes," Von Drehle said. "We all three came together and started 3 Leg Torso then."

Soon enough, the band saw a way to expand its gamut even further by adding percussion.

"The musical horizon got a lot broader with those musicians that joined us," Balogh said. "They have a lot of different experience in jazz and Latin and tango, so we started combining more influences into what we're doing. And that's been our *modus operandi* pretty much ever since."

Balogh and Von Drehle agree that despite their accomplishments over the years, they're most excited about the newest album the group released earlier this year.

"Animals and Cannibals" is the fifth album the group has produced, and the third which is all-instrumental.

"It's got so many different influences," Balogh said. "It carries you from one part of the world to the next part of the world."

The two said the album sounds a bit more pop than their music has

in the past, perhaps because of the studio "magic."

"We recorded more like you'd record a pop album — isolating all the instruments, reexamining some stuff, doing some studio trickery," Von Drehle said.

Yet the band is happy the album turned out the way it did. With song titles such as "The Life and Times and Good Deeds of St. Penguin" and "Bus Stop to Oblivion," the album addresses factual and fictional autobiographical scenarios.

Balogh recalled the story for the song, "Driving Along with my Cow in my Volga."

"Years ago, I was traveling in Eastern Europe and I'd witnessed a man driving a car and there was a large black and white cow sitting in the back of the car," Balogh said. "I decided to follow these guys and see where they were going. And it was very interesting because they were going very, very fast. At one point they failed on a turn and drove off into this field of sunflowers. So that's where the title comes from."

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

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

Von Drehle said they're excited to bring some of those silly stories

to Steynberg Gallery.

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

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

"My job is trying to get the best music we can for San Luis Obispo," Steynberg said. "The one criteria is they've got to be good."

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

"That's what I'm aiming towards — having more world music here," Steynberg said.

The show begins at 7:30 p.m. and admission is \$12 at the door. It is for all ages.

Tattoo

continued from page 10

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 who have 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 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 beginning the process of getting 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.

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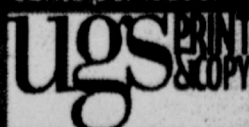
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Tuesday, November 9, 2010
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Mustang Daily

*There's a notice on my desktop about this notice.

Taking the fun out of obesity



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

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

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

To say that it is the responsibility of parents, not the government, to make healthy food choices for kids

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

That, in my opinion, is the interesting point — the manipulation. It is founded on a handful of assumptions. One, there is a need for a change in children's diets. Two, the government in question has the ability to affect this change. Three, the government has the responsibility to put the change into effect.

Every child needs to be taught good food habits. The primary teachers are the parents. There are a lot of fat kids out there. The majority of them eat the way their parents permit. If parents indeed should take responsibility for their children's health, then a vast percentage of parents are failing in that responsibility. This isn't an issue of people merely ignoring their own health; they are ignoring the health of the children in their care. If parents don't take responsibility, who does? Something needs to be done.

Kids love toys. If the freebie toys didn't help sell the kid's meals, they

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

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

At what point does a parent's refusal to take responsibility cause that responsibility to transfer to another entity? At what point do companies have to take responsibility for the misuse of products that are not inherently harmful? When a person or entity refuses to take responsibility, to where does that responsibility get shifted? Is responsibility even a

such a requirement was considered "business as usual." I wasn't surprised that kids' preference for toys was manipulated; instead, I was surprised that the manipulation was "business as usual." The parents' irresponsibility was "business as usual." The whole process reeked of normalcy.

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

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

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

— Eric Baldwin
Libertarian columnist

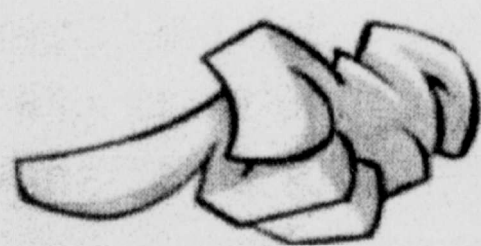
part of the equation at all?

What strikes me about the board's decision is its apparent pragmatism; they asked two questions — what needs to be done and how do we do it? The question of whether they had the responsibility had been quietly assumed away. Of course it was their responsibility to fix things.

I wasn't surprised that the board will require companies to change their actions — I was surprised that

but both decisions are still wrong. The normalization of manipulation is a greater wrong than the manipulation itself.

Being a fully-functional adult is more than doing the right things; it is choosing the right things. The San Francisco Board of Supervisors made a bad decision — not by manipulating children, but by assuming that volition is less important than behavior.



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People spend too much time talking through technology

Marisa Bloch is a journalism senior.

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

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

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

Instead of calling someone to sing them "Happy Birthday," I can write something on their Facebook wall. Instead of breaking up with someone face-to-face, I can do it

through a text message. Instead of researching something at the library, I can scour the Internet. Instead of doing a lot of things that take more effort, people hide behind technology in order to get them through difficult, or more time consuming, situations.

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

make it right?

We live in a world where it is always about the fastest, easiest and most convenient way to get something done. People want to keep on top of technology, in order to not get lost in this fast-paced society.

But keeping up on technol-

using social networks such as Facebook and Twitter during class has become easier. Everything we need is right at our fingertips. What does this say about us? Are we heading to a society of disrespect where education is no longer valuable enough to put our phones down for two hours?

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

I am by no means preaching that these technological advances are bad, because I would be a hypocrite since I use them, too. But what I have noticed is they have changed a lot of traditions that used to be valued in our society.

I understand these things are not extremely threatening now, but what about in the future? Are

we going to come to a point where professors are not needed for lecture and interactions with people are strictly done via text, Facebook, video chat or on other sorts of media?

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

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

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

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

— Marisa Bloch
Journalism junior

College students get 'Loko' off new beverage



PEDRO MOLINA NEWSART

Mitch Albom is a columnist for the Detroit Free Press.

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

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

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

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

And why so many older people are worried.

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

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

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

Now, in our current mood of "too much government," this will bring out protesters who cry: (1) What's it your business if I want to get drunk? (2) Where are the parents in all this? (3) Why are stores selling to minors? (4) What's it your business if I want to get drunk?

The last is an unwinnable argument. If people want to guzzle

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

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

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

Today, kids guzzle energy drinks as if popping chewing gum. Red Bull. Monster. Full Throttle. Rockstar. You see 15- and 16-year-olds with this stuff all the time. For an edge in sports. To do hours of

guarana — all stimulants — can mask the effects of all that alcohol. Initially, you feel the jolt and say, "I'm not drunk, I'm alert."

So you have another.

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

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

But since that world is fantasy, this world requires some help. I don't mind the ban on this stuff. The guys who started Four Loko — college buddies from the Ohio State University — knew exactly whom they were targeting when they created the brew. You know what kids call it? Blackout in a can. If you think that's a product we must save, we're on a different page.

Teens can mix rum and Coke.

You know what kids call it? Blackout in a can. If you think that's a product we must save, we're on a different page.

— Mitch Albom
Detroit Free Press columnist

homework. To be up all night on the computer.

Staying awake has never been so attractive.

And crashing has never been so dangerous.

The problem with Four Loko is that the caffeine, taurine and

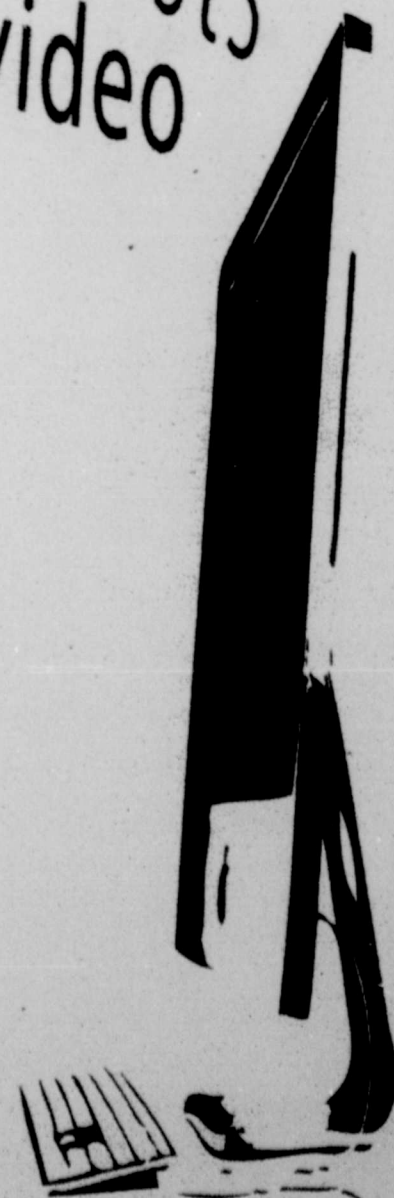
They can make Irish coffee. You can never fully stop underage drinking. But you don't have to dress it in fruity colors and sell it cheap.

There are many words I'd like associated with our kids. "Loko" isn't one of them.

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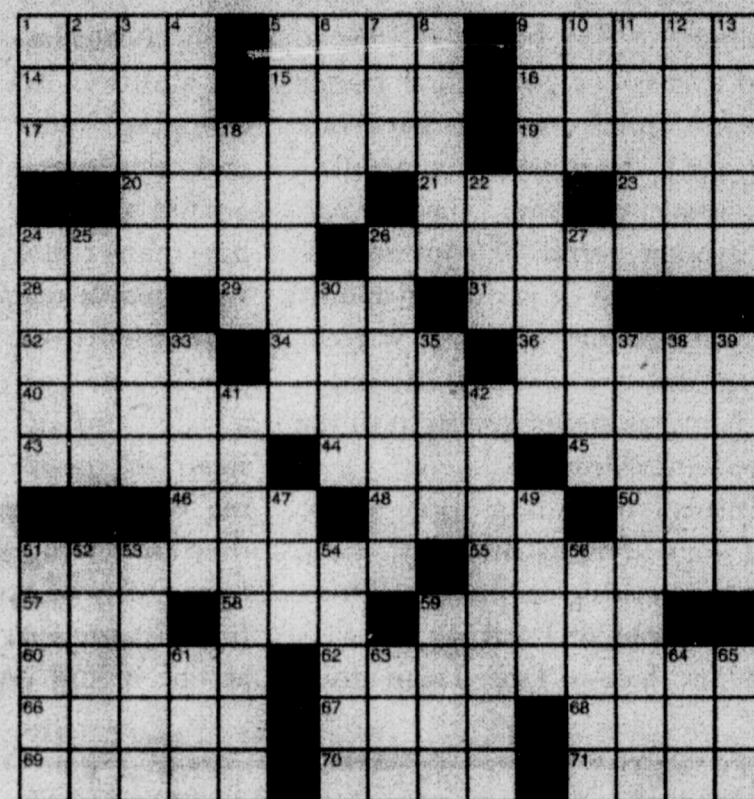
Edited by Will Shortz

No. 1005

- Across**
- Andean land
 - Race for hot rods
 - Open, as a pill bottle
 - Photoshop option
 - Actress Skye
 - Indira Gandhi's family name
 - Bid adieu, informally
 - Live
 - Family beginnings
 - Boise-to-Phoenix dir.
 - Thanksgiving invitee, commonly: Abbr.
 - Is on the hunt
 - Failure by a narrow margin
 - Captain's record
 - Gorilla famously taught to use sign language
 - "Brain" of a computer, briefly
 - Topographic map notation: Abbr.
 - Lavish affection (on)
 - Beasts of burden
 - Like Oprah Winfrey and Michael Jordan
 - Villa
 - Take ____ of (sample)
 - Where a pear's seeds are
 - Spot for a shot
 - Not a major haircut
 - Flamenco cry
 - It's often ordered a la mode
 - Meddle (with)
 - Do that one would rarely wear a hat with
 - Online portal since Windows 95 was launched
 - Book of divine guidance
 - Argot
 - Singer of the lyric formed by the ends of the answers to the four italicized clues
 - Building wing, e.g.
 - French brainchild
 - It may be off the wall
 - Fruitable
 - Fruity drinks
 - Card game popular in Germany
- Down**
- Mac alternatives
 - Never-ratified women-related measure, for short
 - King of the Cowboys
 - Violinist's stroke
 - Coca-Cola Zero, e.g.
 - Rips off
 - "____ better?"
 - Fliers in V's
 - Like a good golf score
 - Novel
 - Dear, in 12-Down
 - Van Gogh locale
 - Attracts
 - Fatty part of an egg
 - fly (certain baseball hit, for short)
 - Answer, in court
 - Husband of Pocahontas
 - Characteristic of bland food and bad dressers
 - Swing or rock
 - Coffee cultivated on Mauna Loa
 - Life-or-death
 - Mideast noble
 - Abstracts
 - Brit. legislators
 - Painter Chagall
 - Chopin's "Polonaise in Major, Op. 53"
 - Group of lions
 - Places for ornamental fish
 - Neighbor of Bhutan
 - No enrollees at Smith College
 - Joint for a beggar?
 - Caught
 - Bizarre
 - "I caught you!"
 - Word after waste and want

ANSWER TO PREVIOUS PUZZLE

SETUP SAVOR ETE
ADORE NURSE COL
FIRST LADIES ONO
ETNA EPIC FLIP
STATE POLICE
ELDEST TARO
SLOOP HANGOVER
HERO MOOGS RAVE
OVERHANG SINEW
DICE LETTER
POLICE STATE
ERIE IRMA LOIS
TAN LADIES FIRST
ATE ABETS ESTEE
LES CADET UPSET



Puzzle by Paula Gamache

- Cleavage-revealing dress feature
- Hall-of-Famer Combs who played with Gehrig and Ruth
- Malfoy's look, in the Harry Potter books
- The Changing of the Guard, e.g.
- Abstracts
- Brit. legislators
- Painter Chagall
- Chopin's "Polonaise in Major, Op. 53"
- Group of lions
- Places for ornamental fish
- Neighbor of Bhutan
- No enrollees at Smith College
- Joint for a beggar?
- Caught
- Bizarre
- "I caught you!"
- Word after waste and want

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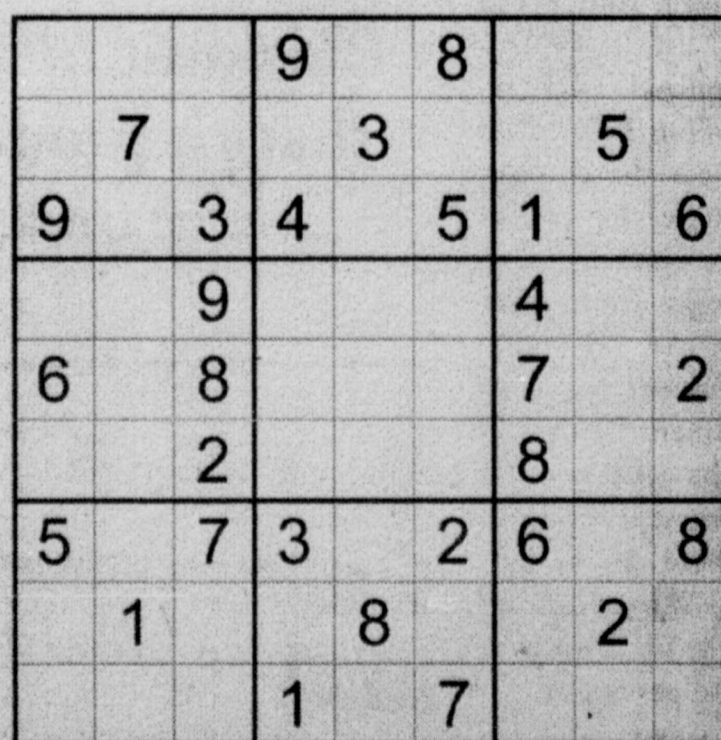
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As he grew older, Calvin's love of big game hunting eventually outgrew his love of imaginary childhood pets.

Men

continued from page 16

injury during practice.

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

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

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

"Now, it's learning under fire,"

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

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

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

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

"Any injury hurts, but when somebody goes down the next person has to step up and that's kind of where we are at now," Hanson said. "We've got guys stepping up and playing po-

sitions they need to play. It definitely hurts us, but at the same time, we've got to move forward and that's exactly what's going on."

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

"I think it's something we can definitely do and it's never happened here at Cal Poly before so I think that's our main focus," Hanson said.

Although the goal is clear, it won't be easy for the Mustangs. Cal Poly faces a tough non-conference schedule which features matchups against San Diego State and Cal; both were NCAA tournament teams last season. Also included is a trip to historic Pauley Pavilion on Dec. 11 to play the UCLA Bruins in a game to be televised on FSN Prime Ticket.

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

"(Tough non-conference games)

are great," Hanson said. "Not only are we going there trying to win, but those high-major teams exploit our weaknesses and what we need to work on; so by the time we hit Big West play, it gets us ready for conference play and what we need to do."

After completing the non-conference schedule, the Mustangs will take on a tough Big West Conference. Last week, the Mustangs were picked to finish fifth in the conference by a Big West media poll, with rival UC Santa Barbara picked to repeat as Big West champions.

The Mustangs hit the court for the first time last Saturday with a 70-63 exhibition victory in Mott Gym against visiting Cal State East Bay. Hanson led the Mustangs by posting a double-double with 25 points and 11 rebounds. Shawn Lewis pitched in with 21 points and Donahue returned with a solid 12 points and 15 rebounds.

Shawn Lewis said the exhibition game was good for the guys that need-

ed to experience their first game and showcase what the Mustangs can do.

"We have a lot of versatility," Lewis said. "It's a lot of our guys' first game, so guys got to get the first game jitters out. Once we get a few games under our belt you'll see a lot more contributing."

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

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

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

— Jerome Goyhenetche contributed to this article.

Women

continued from page 16

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

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

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

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

Experienced players like Santiago and Clancy are helping with that

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

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

Hopefully that effort is enough to

help the Mustangs hoist a Big West championship trophy this year. If players like Santiago and Clancy can use their experience to help the team, the Mustangs will be far from the feeling they felt at the end of last season.

They are certainly capable of doing so, Mimnaugh said.

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

— Patrick Leiva contributed to this article.

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6	4	8	5	9	1	7	3	2
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5	9	7	3	4	2	6	1	8
3	1	4	6	8	9	5	2	7
2	8	6	1	5	7	3	4	9

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Fullerton

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CP Football

UC Davis

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CAL POLY vs. UC Davis

Volleyball

UC Davis

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WE ARE THE MUSTANGS

Mustangs hit the hardwood for another season

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

Brian De Los Santos

MUSTANGDAILYSPTS@GMAIL.COM

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

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

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

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



NICK CAMACHO MUSTANG DAILY FILE PHOTO

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

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

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

Every year since the program started, the women's basketball team has fallen short of a championship. In the program's 37-year history, no team has been named a Big West champion.

In 2009-10, the Mustangs were close. Cal Poly tied a school record for conference wins and conference winning percentage. Its second-place finish in the Big West was the highest finish in the program's history.

And yet, the Mustangs fell in the semi-final round of the Big West tournament at the hands of UC Riverside.

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

If the Mustangs are going to piece together the effort to make a championship run this year, they are going

to need all the firepower they can get. Multiple obstacles stand in the way of that Big West Championship trophy.

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

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

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

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

That doesn't mean the team isn't determined to try and make a championship run. Santiago, as well as many other players, are

Head coach Joe Callero aims for improvement in second year with men's basketball

Patrick Leiva

PATRICKLEIVA.MD@GMAIL.COM

Consistency and improvement. Those are the two words head coach Joe Callero reiterates when speaking about his basketball team for the upcoming 2010-2011 season.

"We've got to become more consistent with our field goal percentage and overall play," Callero said. "That's going to translate to probably a more consistent season as it goes on."

Last year, in Callero's first with the Mustangs, Cal Poly struggled coming out of the gates, losing its first five games and eight out of its first 11. However, Cal Poly responded with a strong start in conference play, going 5-2 in its first seven conference games.

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

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

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

gives us a tremendous foundation to start building on," Callero said.

Leading the way with the most experience on the team is senior guard Shawn Lewis. Lewis was the team's second leading scorer last season, averaging 11.8 points per game. Also expected to have a big year is junior forward David Hanson, who averaged 10.5 points and 5.5 rebounds per game.

Callero said Lewis and Hanson are the two who will be counted on the most because of their talents and understanding of the offense and defense.

"Shawn Lewis and David Hanson are very familiar with our program and coaching staff," Callero said. "I expect them to have very good years and they've done a really good job leading on and off the floor."

Other key returners are juniors Will Donahue and Jordan Lewis. Donahue played in the first 10 games of last season before being ruled academically ineligible. This year Donahue returns to the mix after leading the team in rebounding a season ago with 8.8 rebounds per game in only 10 games.

Hanson said the extra year of working with the coaching staff has helped in his and all the returner's understanding of the team's expectations.

"Having that full year, I feel like it's way different than it was last year since

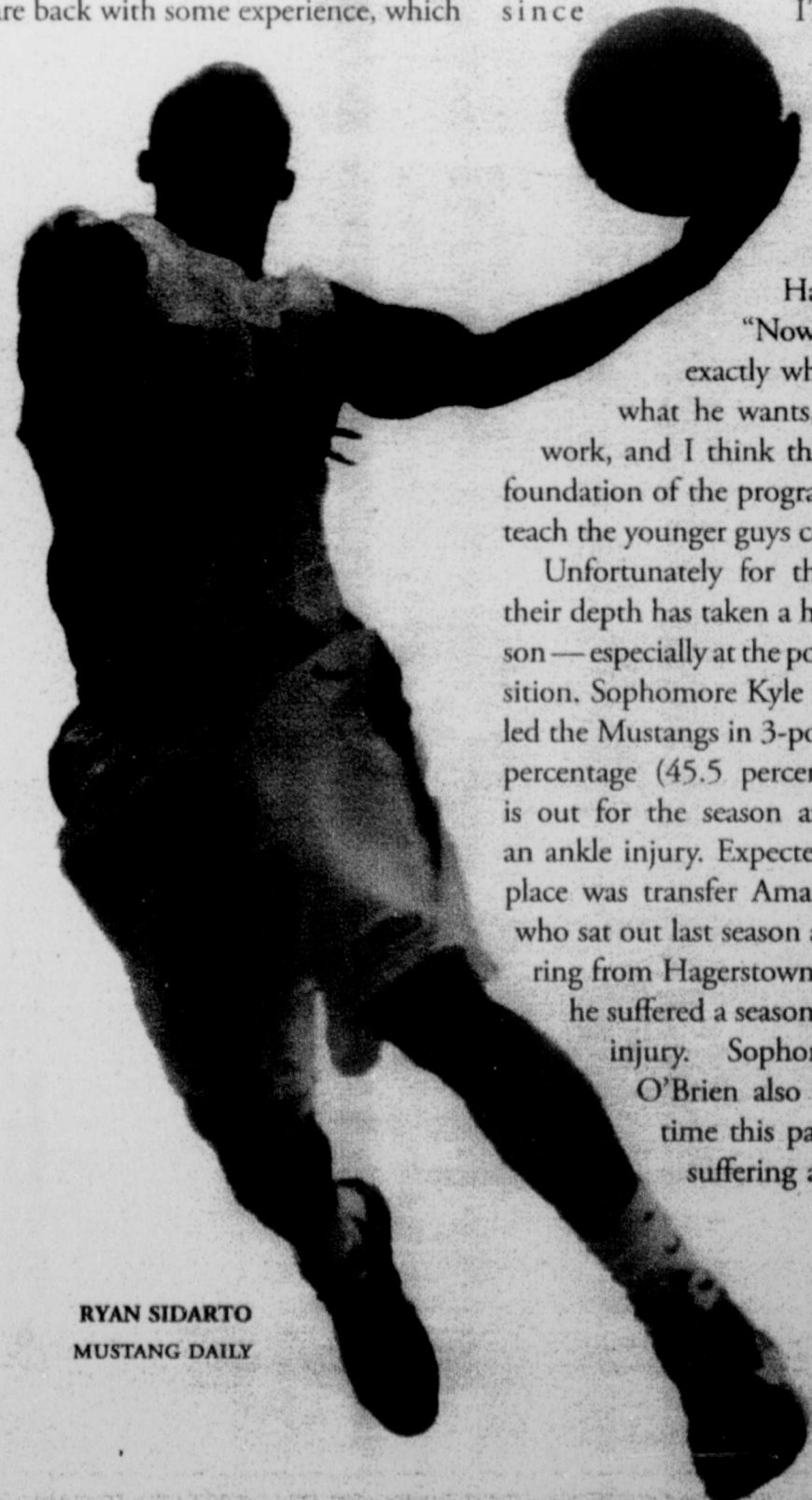
I'm trying to learn, other guys are trying to learn exactly what (Callero) wants," Hanson said.

"Now we know exactly what to expect, what he wants, how things work, and I think that makes the foundation of the program so we can teach the younger guys coming in."

Unfortunately for the Mustangs, their depth has taken a hit this off-season — especially at the point guard position. Sophomore Kyle Odister, who led the Mustangs in 3-point field goal percentage (45.5 percent) last year, is out for the season after suffering an ankle injury. Expected to take his place was transfer Amaury Fermin, who sat out last season after transferring from Hagerstown College, but he suffered a season-ending knee injury. Sophomore Chris O'Brien also missed some time this past week after suffering a minor head



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see Men,
page 15

see Women, page 15

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